

#BE THE CHANGE

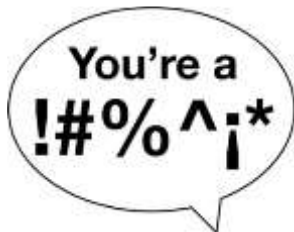


ENABLE Scotland's campaign



The campaign wants to stop bullying.

Lots of ENABLE Scotland members told us they have been bullied.



They said the words people use hurt.

Words like mingo, spaz or retard.

We want people to stop using these words.



The message of the campaign is...

Don't put up with these words.
Don't use them.
Let's lose them!

#BE THE CHANGE

The campaign is called Be The Change.

What we are doing for the campaign



Posters on buses and trains



Adverts in newspapers



Working in schools

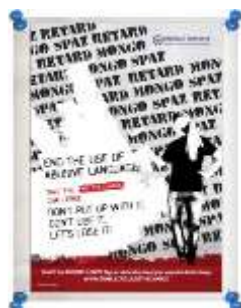
We will help schools teach children about learning disabilities.



Messages on the internet

We will put lots of messages on Facebook and Twitter.

How you can help the campaign



Put up a poster

You can get posters from our website – www.enable.org.uk
If you would like us to send you some please call the Campaigns and Membership team on 01698 737 000



Sign our promise

The promise is about hurtful words.
The promise says...

- I won't put up with them
- I won't use them.



Write a letter to your MSP (member of Scottish Parliament)

You can get an example letter from our website – www.enable.org.uk



Donate £2 to ENABLE Scotland

Text BECH14£2 to 70070.



Take a photo of our poster

You can put the photo on Facebook or Twitter to show your support for the campaign.

Find out more about the campaign



On our website

www.enable.org.uk



Call ENABLE Direct

0300 0200 101



Email the Campaigns and Membership team

campaigns@enable.org.uk



Follow us on Twitter

[@ENABLEScotland](https://twitter.com/ENABLEScotland)