



Invisible Bullying

When the world shuts you out and leaves you behind

An illustrated guide for parents, caregivers and families

Ticcami | La Tourette e Me

www.latouretteeme.it

Have you ever felt out of place?

Many people with Tourette feel **unseen or misunderstood**.

It's not always because of open cruelty, but because they are left out, judged, or not really included.

Exclusion can hurt, even when nobody says anything openly.



You do not need insults to get hurt

Invisible bullying **does not** always look obvious.



Being left out
can make you feel unwanted.



Mockery and hurtful jokes
can still be bullying.



Being ignored
can be just as painful
as being insulted.



Being treated as “strange”
or different can make you
feel alone.

Even when there are no obvious
insults, exclusion can leave
a deep mark.



Bullying is not only about what others say.
It's also about how it makes you **feel inside.**

When others do not understand

Sometimes the problem is **not** the tic. It's **the misunderstanding**.



A tic or an unusual movement may be **misread**.



A person may be **judged** before being known.



Questions or stares **can hurt**, even if they are not meant to.



Misunderstanding can become **exclusion**.

You cannot control what others think, but you can remember that **you are not your tic**. 



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What makes you different can be confusing to those who do not understand, but it does not erase **who you are**.



The strength of the group.

Sometimes people don't join in because they are bullied or left out. **They do it because they are afraid of being excluded themselves.**



An inclusive group can **make a big difference.**



Friendship can **protect against isolation.**



Being welcomed helps people feel **safer and more confident.**

A group is more than just friendship.  It's the **courage to be your real self.**



True friends make space for you as you are, and help you see the truth: **the person who is left out is often just afraid.**



Friends who disappear

Sometimes the hardest hurt isn't open aggression. People can slowly drift away, **without explaining why.**



You get **left out more often.**



Messages become **less frequent.**



You find yourself outside the plans, **without really being invited.**

It hurts, because they were real friendships. But maybe... they were **not as real as you thought.** 



Real friends don't make you feel invisible. They stand by you, even when things get hard, **and they make you feel seen and accepted for who you really are.** 

Those who watch and say nothing

Words are not always what hurt. Sometimes, **the silence of those who see and choose not to act** can also cause harm.



A look can make someone feel **under pressure**.



The silence of others can make words feel **heavier**.



When no one takes a stand, the person being targeted can feel **alone**.

Indifference can make the situation **even worse**. 



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Everyone may see it, but **no one chooses to act**. 

You are not alone

There are many people who really understand what it means to live with Tourette Syndrome. **And there are also many resources.**



Talk to someone **you trust** about how you feel.



Ask for help.

There are support groups, associations and professionals who are ready to help.



Find allies — people who accept you and stand by your side, so life feels lighter.

Being excluded does not define your worth. It's a challenge, but it's also a sign of **strength**.



You don't have to face everything on your own. There is a community that listens, understands, and walks this journey **with you**.



Together is easier.

Sharing, talking, listening and understanding each other helps us feel less alone and more confident.

No one understands you better than someone who has been through similar things.



Listen without judging. It's the first step.



Every story matters. Every voice has value.



Together we find ideas, **solutions and hope.**

Our community is a safe place where you can be **yourself.**



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You don't have to face difficult moments alone. Together we can turn challenges into **strength, confidence and a brighter future.**



Every day is a choice

With Tourette Syndrome, every day can be a challenge. But you can choose how to face it: with **kindness, courage and trust in yourself.**



Choose respect
for yourself and others.



Ask for help
when you need it.



Learn to look at yourself
with kindness.



Don't let others
define your value.

You don't have to be perfect to be enough.

You are enough, just as you are.



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Your story is still yours.
You have the power to turn it into something amazing.
You can be a place of change for yourself.



No one can do it alone

Asking for help is a **sign of strength**, not a weakness.
With the right people by your side, every challenge can feel **lighter**.



Ask for help

Reach out to friends, family, teachers or trusted adults.



Talk openly

Share your feelings and be honest about what you need.



Accept support

Let others be there for you. You don't have to handle everything on your own.



Create safe spaces

Be part of environments where you feel respected, heard and valued.



Build connections

Kindness, empathy and understanding help us all grow stronger together.

Small actions. Big changes.
For you and for others.



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You won't always be the same person, but with the right support, you can become an **even better version of yourself.**



Together we go farther

With Tourette syndrome, you do not have to face everything alone. When you find the right people, you can feel **understood, supported and free to be yourself.**

-  A community that listens is a **source of strength.**
-  Sharing experiences **lightens the load.**
-  The right support helps **self-esteem grow.**
-  Together we can build a **more inclusive future** for everyone.

It is not just help.
It is a journey, side by side.



We cannot change the whole world in one day, but we can change someone's world every day. And together, day after day, we can **change it for everyone.**



Alone you go faster, together you go farther

No one should face life's challenges alone.

With the right support, every step becomes lighter and **every goal comes closer.**



We build **strong, welcoming support networks.**



We offer **listening, tools and opportunities.**



We believe in **each person's potential.**



Together we create a more **inclusive and respectful society.**

Each of us can make a difference.
Together, we can **change the future.** 



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It is not the distance that matters,
but the direction in which we walk: **together.**
We build the future one step at a time, but always together. 

Find those who see you for who you are.

Not everyone will understand your tics.
Not everyone will understand your story.
And that is okay.

The right people do not see only
Tourette syndrome.

They see you.



Remember

You do not have to change who you are to be accepted.
You deserve respect, friendship
and to be listened to, just like
anyone else.





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