

Teasing Do's and Don'ts

Na Na Na

Boo Boo



People tease us because they think we may:

- look sad.
- cry
- chase them.
- get angry and shout.
- fight them.
- be afraid of them and run away.

Things you can do to stop people from teasing you:

- Tell them you don't like it and ask them to stop.
- If they are calling you names - pretend you didn't hear it and walk away.
- Make a joke about what they said, "' Yeah, that's me, 'metal mouth.'"
- Make them look silly, "Wow, you noticed I wear glasses!"
- Think to yourself, "nobody can tease me if I don't let them,"
- Show that you don't care what they are saying.
- Don't get into a fight

If these ideas are not working remember that everyone has the right to feel safe. Tell a parent or teacher about the teasing if it is not improving and they will be able to help you and the teaser to sort things out.