

Name: \_\_\_\_\_

## Tips for Tackling Teasing

### 1. Use positive self-talk.

Remind yourself that you are not the one with the problem. A person who feels the need to bully and tease has the problem. You can still feel good about yourself, no matter what they say.

### 2. Be cool and confident.

Stand up straight, speak clearly, and look confident even if you aren't. Make the person teasing think he is not bothering you and that he is wasting his time trying to tease you.

### 3. Stay calm and nice.

Be in control, and don't get nasty. If you are nasty to the bully, you will be doing what he is doing, and this will only make matters worse. By being nice, you are not responding the way he wants you to, and this may make him think twice about saying anything back.

### 4. Don't say too much.

Keep your responses short. If the teasing is taking place online, do not respond at all.

### 5. Speak and move on.

Say your piece, and then walk away. The person teasing you will want to have the last word. Don't allow this. Move away, and ignore any other comments.

### 6. Know when to walk away.

If you find you are getting upset or scared, then it is better to say nothing and simply walk away when the person teases you. This way the person will not see any reaction.

### 7. Ask for help.

If you find you can't get the person to stop, then tell a parent, caregiver, or teacher your problem.

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