

TEASING

DO'S

- ✓ Be careful of others feelings
- ✓ Use humor gently and carefully
- ✓ Ask whether teasing about a certain topic hurts the feelings of another
- ✓ Accept teasing from others is you tease
- ✓ Tell others when teasing about a certain topic hurts your feelings
- ✓ Know the difference between “friendly/gentle/kidding vs hurtful/ridicule/mean
- ✓ Try to read the body language of others to see if their feeling are hurt-even when they don't tell you
- ✓ Help students who might not stand up for themselves when being teased

DON'TS

- ✓ Tease someone you don't know well
- ✓ Tease about a person's body, or the way they look
- ✓ Tease about a person's family members
- ✓ Tease about a topic when a student has asked you not to
- ✓ Tease someone when they appear to be getting upset
- ✓ Swallow your feelings about teasing.

From Hoover, J.H., Oliver, R. & Hazler, R.J. *Bullying: Perceptions of Adolescent Victims*, *School Psychology International*