

Bullying or Teasing

Bullying:

The use of force, coercion, hurtful teasing or threat. Intended to:

- Abuse
- Aggressively dominate
- Intimidate
- Often repeated over a period of time
- An imbalance of physical or social power
- Hurt another individual – physically, mentally or emotionally

Teasing:

Is done to make fun of someone in a playful way

- Occurs between friends
- Meant to be silly
- Among same age peers

	Bullying	Teasing
Tone/How the Person is Speaking	Loud/Aggressive	Friendly/Normal Volume
Body Language	Stiff/Clenched Fists	Relaxed
Facial Expressions	Angry/Glaring	Happy/Smiling

Questions to ask your student:

Are the kids who tease you your friends?

Do you like it when they tease you?

Do you tease them back?

If you told them to stop teasing, would they?

If you told them that they hurt your feelings, would they say they were sorry?

Take Steps to Stop It:

- Start early. Parent/child talks are essential. Teach kids to respect others before they start school and continue to talk about this topic on an ongoing basis. Even small acts of teasing should be stopped if it offends the other person
- Teach your children how to be assertive. Encourage your children to express their feelings clearly, say no when they feel uncomfortable or pressured, stand up for themselves without fighting and walk away in dangerous situations.
- Take it seriously. Help problem solve
- Recognize the signs of depression like sadness, isolation, increased anxiety. Many children do not recognize or speak up about their emotional needs. Make sure to reach out and get them help when you see these signs.
- Tell your children to take action when they see bullying behavior. Encourage them to speak out against the bully and inform a teacher if the behavior doesn't stop. More than one and more than once if it keeps occurring Bullying continues only when we allow it to.