

## TEASING/TAUNTING

### TEASING

1. ALLOWS THE TEASER AND PERSON TEASED TO SWAP ROLES.
2. ISN'T INTENDED TO HURT THE OTHER PERSON.
3. MAINTAINS THE BASIC DIGNITY OF EVERYONE INVOLVED.
4. POKES FUN IN A LIGHHEARTED, CLEVER, AND BENIGN WAY.
5. IS MEANT TO GET BOTH PARTIES TO LAUGH.
6. IS ONLY A SMALL PART OF THE ACTIVITIES SHARED BY KIDS WHO HAVE SOMETHING IN COMMON.
7. IS INNOCENT IN MOTIVE.
8. IS DISCONTINUED WHEN PERSON TEASED BECOMES UPSET OR OBJECTS TO THE TEASING.

### TAUNTING

1. IS BASED ON AN IMBALANCE OF POWER AND IS ONE-SIDED: THE BULLY TAUNTS, THE BULLIED KID IS TAUNTED.
2. IS INTENDED TO HARM.
3. INVOLVES HUMILIATING, CRUEL, DEMEANING, OR BIGOTED COMMENTS THINLY DISGUISED AS JOKES.
4. INCLUDES LAUGHTER DIRECTED AT THE TARGET, NOT WITH THE TARGET.
5. IS MEANT TO DIMINISH THE SENSE OF SELF-WORTH OF THE TARGET.
6. INDUCES FEAR OF FURTHER TAUNTING OR CAN BE A PRELUDE TO PHYSICAL BULLYING.
7. IS SINISTER IN MOTIVE.
8. CONTINUES ESPECIALLY WHEN TARGETED KID BECOMES DISTRESSED OR OBJECTS TO THE TAUNT.

## FOUR MOST POWERFUL ANTIDOTES TO BULLYING

STRONG SENSE OF SELF, BEING A FRIEND, HAVING AT LEAST ONE GOOD FRIEND WHO IS THERE FOR YOU THROUGH THICK AND THIN, AND BEING ABLE TO SUCCESSFULLY GET INTO A GROUP—AND GET OUT WHEN IT DOES NOT SERVE YOU WELL.

## IF YOUR CHILD IS BULLIED

### DON'TS

1. DON'T MINIMIZE, RATIONALIZE, OR EXPLAIN AWAY THE BULLY'S BEHAVIOR.
2. DON'T RUSH IN TO SOLVE THE PROBLEM FOR YOUR CHILD.
3. DON'T TELL YOUR CHILD TO AVOID THE BULLY.
4. DON'T TELL YOUR CHILD TO FIGHT BACK.
5. DON'T CONFRONT THE BULLY OR THE BULLY'S PARENTS ALONE.

### DO'S

1. I HEAR YOU; I AM HERE FOR YOU; I BELIEVE YOU; YOU ARE NOT ALONE IN THIS.
2. IT IS NOT YOUR FAULT.
3. THERE ARE THINGS YOU CAN DO.
4. REPORT THE BULLYING TO SCHOOL PERSONNEL.

## HOW TO REPORT

1. ARRANGE A MEETING FOR YOU AND YOUR CHILD WITH THE APPROPRIATE PERSON AT THE SCHOOL.
2. BRING TO THE MEETING THE FACTS IN WRITING—THE DATE, TIME, PLACE, KIDS INVOLVED, AND THE SPECIFICS OF THE INCIDENTS—AND THE IMPACT THE BULLYING HAS HAD ON YOUR CHILD AS WELL AS WHAT YOUR CHILD HAS DONE TO TRY TO STOP THE BULLYING THAT DIDN'T WORK.
3. WORK WITH YOUR CHILD AND SCHOOL PERSONNEL ON A PLAN THAT ADDRESSES WHAT YOUR CHILD NEEDS RIGHT NOW IN ORDER TO FEEL SAFE, WHAT SHE CAN DO TO AVOID BEING BULLIED AND TO STAND UP TO ANY FUTURE BULLYING, AND WHOM SHE CAN GO TO FOR HELP.
4. FIND OUT WHAT PROCEDURES THE BULLY WILL BE GOING THROUGH AND WHAT KIND OF SUPPORT THE SCHOOL IS EXPECTING FROM THE PARENTS OF THE BULLY.
5. IF YOU FEEL THE PROBLEM IS NOT BEING ADEQUATELY ADDRESSED BY THE SCHOOL, KNOW THAT YOU CAN EXPRESS YOUR CONCERNS AND LET THE TEACHER AND/OR ADMINISTRATOR KNOW THAT YOU WILL TAKE THE NEXT STEP TO THE SCHOOL DISTRICT BOARD OFFICE AND IF NECESSARY—ESPECIALLY IN THE CASES OF SERIOUS ABUSE AND RACIST OR SEXIST BULLYING—TO THE POLICE.