

TEASING DOS AND DON'TS

DO:

- ☺ **Be careful of other's feelings.**
- ☺ **Use humor gently and carefully.**
- ☺ **Ask whether teasing about a certain topic hurts someone's feelings.**
- ☺ **Accept teasing from others if you tease.**
- ☺ **Tell others if teasing about a certain topic hurts your feelings.**
- ☺ **Know the difference between friendly, gentle teasing and hurtful ridicule or harassment.**
- ☺ **Try to read others 'body language' to see if their feelings are hurt – even when they don't tell you.**
- ☺ **Help others when they are being teased or ridiculed.**

DON'T

- ☹ **Tease someone you don't know well.**
- ☹ **Tease about a topic when someone asked you not to.**
- ☹ **Tease about a person's body.**
- ☹ **Tease about a person's family members.**
- ☹ **Tease someone who seems agitated or who you know is having a bad day.**
- ☹ **Be thin-skinned about teasing that is meant in a friendly way.**
- ☹ **Swallow your feelings about teasing. Tell someone in a direct and clear way what is bothering you.**



www.handsproject.org

Crisis Connection

Sexual & Domestic Violence
24-Hour Hotline
1-800-245-4580

www.crisisconnectioninc.org

From: 'The Bullying Prevention Handbook' by J. Hoover & R. Oliver, 1996, www.nesonline.com

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