



What to
THINK?

I didn't like what that
person said about my
favorite TV show.!

That's mean teasing!



What to
THINK?

That person called
me a "loser."
Everybody thinks I'm
a loser!



What to
THINK?

People are so mean to
me. This means I will
never have any
friends



What to
THINK?

A mean kid hit me in
that playground last
year.
I'm never going back
there.



What to
THINK?

Here is why people
are mean to me. I'm
different. I'm dumb.
I don't know the
answers in class.



What to
THINK?

I hear kids laughing
again.
I am sure they are
laughing at ME again!



What to
THINK?

Some day, I'll get a
chance to get back
at them. Then
they'll be sorry!



What to
THINK?

If I am mean to
someone, that is
just because other
people have been
mean to ME first.



What to
THINK?

I'll go and hit one of
the mean kids.
Then they'll stop
bothering me.



What to
THINK?

I'd better spend a lot
more time by myself.
That way, people
won't be so mean to
me.



What to
THINK?

Here is what I
learned from getting
teased: Don't trust
kids your own age.



What to
THINK?

When I'm grown up,
people will still be
mean.
Just like they are
now.



What to
DO?

While watching the soccer game, Kayla suddenly gets hit in the head with a soccer ball. One kid laughs. Another one says, “Kayla! Are you okay?”

What should Kayla do?

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What to
DO?

Daniel does not like nicknames. He listens while boys in the lunchroom laugh and give each other dog names, like “Pete the Poodle” and “Bill the Beagle.” Suddenly, a boy turns to Daniel and says, “Look! It’s Daniel the Spaniel!”

What should Daniel do?

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What to
DO?

While Jason is walking down the hall, a boy Jason has never met walks up to Jason. The boy says, “Dude, why does your hair look so nasty?”

What should Jason do?

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What to
DO?

In the girls’ restroom, some girls start looking through Olivia’s purse while she is going to the bathroom. One of the girls holds up Olivia’s picture of Justin Bieber, and says, “Look! Olivia’s in love!”

What should Olivia do?

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What to
DO?

Jeremy really hates to be touched. At his summer day camp, some kids start playing tag. One runs up to Jeremy and tags him on the shoulder., saying, “Jeremy! You’re IT!”

What should Jeremy do?

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What to
DO?

The lunch line is really long. Peter has to hurry eating so much the he ends up getting lots of spaghetti sauce on his white shirt. When kids make fun him of him later, he tries to ignore them and walk away, but then other kids start teasing him.

What should Peter do?

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What to
DO?

A girl two grades older walks up to Alice and says, “I’m going to beat you up when you’re walking home from school today. It’s after you leave the school property, so no one can help you!”

What should Alice do?

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What to
DO?

Alex has trouble keeping up when the gym teacher makes them run long distances outside. For three weeks, other boys have been calling him “Alex the Turtle” because he is slow. Alex told the gym teacher, but she just says to ignore it.

What should Alex do?

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What to
DO?

Jeffrey is 11 and his brother, Alan, is 9. Even though Alan is younger, Alan beats Jeffrey at every video game. Jeffrey tells Alan, "It's MY turn to win a video game!" Alan says, "Shut up, you big baby."

What should Jeffrey do?

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What to
DO?

During lunch, some kids notice that Brandon has a hole in the back of his sweat pants. They start telling all the other kids and soon lots of kids are laughing at Brandon. He tells them to stop but they don't.

What should Brandon do?

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What to
DO?

Beth Brinker has been getting rude messages on her Facebook. Kids are calling her "Beth Stinker" and they are saying she doesn't shower very often.

What should Beth do?

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What to
DO?

Debbie usually gets teased by kids, but today seems different. Some kids have told her that Frank, a very handsome boy, likes her and wants to go out with her! After school, someone lends her a cell phone, and says, "Here! You can call him now!"

What should Debbie do?

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What about
YOU?

The adult will pretend to be a kid who is being teased because kids think her voice sounds weird. Make sure you help the kid understand ignoring, walking away, and telling kids to stop.



What about
YOU?

Ask the adult playing this game to make up a friendly nickname that he or she can call you.



What about
YOU?

If you are being teased and bullied at school, who are three adults you can get help from?

If you are **not** at school and you get bullied, who can help you?



What about
YOU?

True or False:

If **YOU** are mean to someone, that means that **YOU** are a bully.

Explain your answer.



What about
YOU?

The adult with you will pretend to be a kid who has been badly teased for being a slow runner. Your job is to help this “kid” by using these words:

“What happened?”
“You must feel awful?”
“I’m sorry.”
“Need any help?”

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What about
YOU?

One way to make nicknames is use the first letter of your name, like “Jolly Joe” or “Silly Sam.”

Just for fun, ask each person here to create a nickname for themselves this way.

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What about
YOU?

The adult is going to demonstrate two possible ways to deal with someone being mean. Pretend you are a bully and the adult is a kid. Call the adult “Loser.” The adult will demonstrate:
1. Ignoring, and 2. Walking away

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What about
YOU?

Ask each person in the room to practice the right way to look and sound when you Tell Them To Stop. The adult will make sure you are all:
1. Using the right tone of voice
2. Using the right expression on your face

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What about
YOU?

The adult will pretend to be a kid who is being mean to younger kids because mean kids are always teasing and bullying HER. You pretend to be a teacher who is helping her to do the right thing.

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What about
YOU?

The adult will pretend to be a kid who is upset after being teased for not being good at kickball. Help her by using these words:

****What happened?***

****That sounds terrible.***

****Let me tell you about a time when I felt the same way.***

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What about
YOU?

Imagine that you are seeing two teenage boys laughing together and calling each other rude names.

What would you do?

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What about
YOU?

Pretend that you are a teacher who is talking to a class. You are helping the class get ready for a new student coming tomorrow who is in a wheelchair and also has something wrong with her face. Make sure the students know the right way to treat the new student.

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