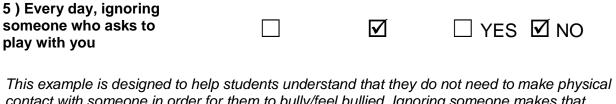
**Note to the Teacher:** Some of the examples on the worksheet are intentionally vague to help students think about intention vs. outcome. This is a very abstract concept, so this version of the sheet will provide some suggestions for concretizing the discussion. Please note: the suggestions written in italics are guides for you as the instructor; they are not scripts to be read to the students.

	<u>Teasing</u>	<u>Bullying</u>	Is it Ever OK To Do This?	
1) Pushing someone down			🗆 YES 🗹 NO	
Some students will work to come up with examples of when it's okay – for example, to save someone from being hit by an object, or as part of playing a game or a particular sport, such as football. Nonetheless, explain that, generally speaking, when someone pushes someone down on purpose, it's bullying – and that means it's always wrong.				
2) Taking something without permission and holding it out of that			□ YES ☑ NO	
Explain that the key here is taking something without permission. That is the first part of the bullying. Holding it out of the person's reach is teasing – sometimes friends might do this just as good-natured teasing and then give it back pretty quickly. But someone who holds it out of reach, plays catch with another person with that object, or otherwise makes the person who owns that thing feel anxious about not getting it back or it getting broken is teasing in a way that would be considered bullying – and that means it's always wrong.				
3) Rhyming someone's name with another word, like "Matt the Brat"		V	□ YES Ø NO	

Explain that this one was a tougher one, and that the main thing this depends on is whether Matt likes his nickname and uses it himself. Then it might be considered good-natured teasing and would be okay – IF it's okay with him. If, however, he doesn't like it and tells people to stop and they don't stop, that's when it's no longer good-natured teasing and becomes bullying. Then it's wrong.

	<u>Teasing</u>	<u>Bullying</u>	Is it Ever OK To Do This?
4) Tripping someone, even if they didn't fall			□ YES ☑ NO
Students may push back on th			

rough house and trip each other as part of playing around. The main point to emphasize here is consent and whether someone gets hurt. If this is part of an ongoing friendship and both people do it, then it's neither teasing nor bullying. But if someone doesn't like it – or if someone gets hurt, even if they were okay with it – it needs to stop before someone gets hurt seriously.



contact with someone in order for them to bully/feel bullied. Ignoring someone makes that person feel like they don't exist, and is very mean. Better to say, "We're already playing and we don't need another person" if you can't let that person in the game – or, even better, let the person play. But not responding, no matter how many times the person asks, is mean and would be considered bullying.

6) Pointing a finger very			
close to someone's face		$\checkmark$	☐ YES ☑ NO
and saying "I'm not	_	_	

While this may not be considered as bad as actually physically hurting someone, this can make someone feel uncomfortable or unsafe. It's usually done to tease someone else, but when a person says they don't like it and the other person keeps doing it, it becomes bullying – and it's not okay.

7) Telling another person	$\checkmark$	🗌 YES 🗹 NO
that they look dumb		

Insulting someone's appearance is a bullying behavior. This would be a good time to remind students of the old saying, "If you don't have something nice to say, don't say anything at all." But laughing at or making fun of someone's appearance for any reason makes that person feel bad – and is never okay to do.



## Teasing or Bullying? Worksheet

Name: \_\_\_\_\_

**Instructions:** Read each example. Is it teasing? Is it bullying? Or both? Is it ever okay to do it? Check the boxes that match how you feel about each.

		<u>Teasing</u>	<u>Bullying</u>	<u>Is it Ever OK To Do This?</u>	
1.	Pushing somone down			YES 🗆	NO□
2.	Taking something without permission and holding it out of that person's reach			YES 🗆	NO□
3.	Rhyming someone's name with another word, like "Matt the Brat"			YES 🗆	NO□
4.	Tripping someone, even if they didn't fall			YES 🗆	NO□
5.	Every day, ignoring someone who asks to play with you			YES 🗆	NO□
6.	Pointing a finger very close to someone's face and saying "I'm not touching you!"			YES 🗆	NO□
7.	Telling another person that they look dumb			YES 🗆	NO□

