

Teasing or Bullying?

Teacher's Guide

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> | <u>Is it Ever OK To Do This?</u> |
|--|----------------|-----------------|----------------------------------|
|--|----------------|-----------------|----------------------------------|

| | | | |
|--------------------------------|--------------------------|-------------------------------------|---|
| 1) Pushing someone down | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> YES <input checked="" type="checkbox"/> 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 | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> YES <input checked="" type="checkbox"/> 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" | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> YES <input checked="" type="checkbox"/> 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.

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|---|--------------------------|-------------------------------------|---|
| 4) Tripping someone, even if they didn't fall | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO |

Students may push back on this a bit, especially male students, who are often socialized to 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.

| | | | |
|---|--------------------------|-------------------------------------|---|
| 5) Every day, ignoring someone who asks to play with you | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO |
|---|--------------------------|-------------------------------------|---|

This example is designed to help students understand that they do not need to make physical 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 and saying "I'm not | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO |
|---|--------------------------|-------------------------------------|---|

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 that they look dumb | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO |
|---|--------------------------|-------------------------------------|---|

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 someone down | <input type="checkbox"/> | <input type="checkbox"/> | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 2. Taking something without permission and holding it out of that person's reach | <input type="checkbox"/> | <input type="checkbox"/> | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 3. Rhyming someone's name with another word, like "Matt the Brat" | <input type="checkbox"/> | <input type="checkbox"/> | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 4. Tripping someone, even if they didn't fall | <input type="checkbox"/> | <input type="checkbox"/> | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 5. Every day, ignoring someone who asks to play with you | <input type="checkbox"/> | <input type="checkbox"/> | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 6. Pointing a finger very close to someone's face and saying "I'm not touching you!" | <input type="checkbox"/> | <input type="checkbox"/> | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 7. Telling another person that they look dumb | <input type="checkbox"/> | <input type="checkbox"/> | YES <input type="checkbox"/> | NO <input type="checkbox"/> |