

How To Survive Being Teased



People get teased for all sorts of reasons. It can be hard when it happens to you. But you can learn to take it in stride.

Someone who teases in a hurtful way:

- ▶ May not be very secure. Or mature.
- ▶ Wants to feel important. Loves attention.
- ▶ Wants you to show how upset you are.
- ▶ May not understand how much she is hurting you.
- ▶ Has a hard time putting herself in someone else's shoes.
- ▶ Only has the power you give her.

Being teased can be hard. Try to:

- ▶ Remind yourself that the teasing reflects who the bully is. Not who you are.
- ▶ Ignore it. Don't say a thing. Just walk away.
- ▶ Show it doesn't bother you. Try using a clever comeback.
- ▶ Get help from someone in charge if you feel unsafe.

After you've been teased, try to:

- ▶ Talk about your feelings with family and friends. Talking can help you feel better. It also invites others to support you.
- ▶ Spend time with people who make you feel good. Don't focus on the teasing. Just be around people you enjoy.
- ▶ Get support from others who know what it's like to be teased.

Prepare for next time

- ▶ Make a plan. This gives you power. Think about:
 - ▶ How to avoid the person or group that teases you the most.
 - ▶ What you are doing that might make it easier for someone to tease you.
 - ▶ Your comebacks. Keep them short and simple. Do not be nasty. Practice them.
- ▶ Hang out with others. Being with others makes it harder for a bully to tease you.

Additional resources

- ▶ Using Social Support: LC 18
- ▶ Teasing and What to Do About It: LC 19

Suggested activity

Make a plan to avoid being teased. Make a plan for when you are teased. Go over your plans with your parents and your PAL.

My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



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Especially for the Family Support Person

What should I do when she gets teased?

- ▶ Listen. Being teased can make anyone feel bad. Talking about it can help her feel better. Use active listening before you problem-solve with her. This can help her get the bad feelings out.
- ▶ Remind her that people get teased for all sorts of reasons. It isn't just her. People get teased for their clothes, hair, shoes, glasses, braces, or their weight. Or for just being different.
- ▶ Review all the people she can go to for support. Encourage her to spend time with positive, supportive people.
- ▶ Role-play with her. Practicing with you will make it easier for her to deal with a bully.
- ▶ Praise and encourage her for standing up to teasing. Dealing with a bully isn't easy. She needs your support.
- ▶ Talk about how it affects her. How does being teased make it harder for her to live a healthy lifestyle? How does it make her feel?

How else can I help?

- ▶ Remind her that adults get teased, too. A co-worker may encourage someone to eat RED foods even after they have said, "No thanks." Adults sometimes disrespect what others want. Or ignore what others say.
- ▶ Share what you know. What have you learned about standing up for yourself? What have you found that works? What doesn't work? Sharing what you've learned could help her.

Additional resources

- ▶ Using Active Listening and Social Support: LC 18
- ▶ Teasing and What to Do About It: LC 19

Suggested activity

Check to see if she is being teased. Help her make a plan. Help her practice her skills for dealing with a bully.

My notes

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