

STOP AND THINK SOCIAL SKILLS

Dealing with Teasing

When there are students who interact together, teasing is inevitable. Sometimes, teasing is just good-natured fun, but at other times it occurs because a specific student wants attention. Teasing can also involve put-downs that make other students feel bad about themselves. When hurt or distressed by teasing, students need to know that they can stay in control of the situation, respond to the teasing, and feel good about themselves and their response.

Use the Stop and Think language at home with your children to help reinforce the steps of Dealing with Teasing

Step 1: Stop and Think.

Step 2: Am I going to make a good choice or a bad choice? A good choice!

Step 3: What are my choices or steps?

Grades K-3:

1. **Take** a deep breath and **count** to five.
2. **Ignore** the person teasing you.
3. If needed, **say**, "Please STOP IT", in a brave voice.
4. If needed, **walk** away from the person.
5. If needed, **ask** for help from an adult.

Grades 4-5:

1. **Take** a deep breath and **count** to five.
2. **Think** about what Good Choices you can make. You can:
 - a. Ignore the person.
 - b. Tell the person how you feel.
 - c. Tell the person to stop.
 - d. Ask a teacher or other adult to help.
3. **Choose** your best choice.
4. If needed, **try** another way to deal with the situation or **walk** away from the person.

Step 4: Just do it!

Step 5: Good job!

**Information taken from The Stop and Think Social Skills Program developed by Dr. Howard M. Knoff and summarized by Amy Recks, School Counselor, Goshen ES.