



Teasing Happens: What to do

Tips for Kids

1. Use humor—don't be afraid to laugh at situations or to laugh at yourself.
2. Realize that understanding takes time. You may have to repeat again and again about your situation.
3. Try not to be angry or upset if others aren't sure how to react at first.
4. Say something nice to someone else and to introduce yourself to others. Practice being modest and friendly to everyone.
5. Sometimes doing all of the recommended things will not make the teasing stop. Don't be afraid to talk to your parents, a teacher, or another adult you trust.
6. Know that other kids may just be curious about your disability. Remember that you are the "expert" about yourself and you have the information to be able to explain – if you want to.

Three steps for dealing with words or actions that you don't like:

- Count to 5 before saying anything back to the person, especially something mean.
- Look the other child in the eye and say firmly and with emphasis, "Please stop," or "That's not funny."
- Walk away. It is important to practice doing these things so that when a situation comes up, you are ready to handle it.



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