

Dealing with TEASING



Use DEBUG!

1. Ignore (Take a deep breath and walk away)
2. Move away
3. Talk Friendly (Use the statement below)
"Please stop, I feel ____ when you ____."
4. Speak Firmly (Repeat the above statement in a firm voice)
5. Get Adult Help

Simon's Hook Strategies



1. Ignore
2. Move Away
3. Laugh or Make a Joke
4. Distract or Change the Subject
5. Agree

Use "I" Statements



1. Say the person's name.
2. Tell how you feel.
3. Tell what they did to make you feel that way.
4. Tell them what you want them to do.

Use Second Step Problem-Solving Strategies!



1. What is the problem?
2. What are some solutions? (Think of three)
3. For each solution, ask yourself:
 - a. Is it safe?
 - b. How might people feel about it?
 - c. Is it fair?
 - d. Will it work?
4. Choose a solution and use it!
5. Is it working? Yes? If not, what can you try now?

Fair Solutions-- Choose one!



1. Rock, Paper, Scissors
2. Flip a coin
3. Odds or Evens
4. Roll the Dice
5. Pick a Straw

Use Calming Down Techniques!



1. Take three deep breaths.
2. Think calm thoughts.
3. Count backwards slowly.
4. Talk to yourself.