

Strategies to Stop Teasing

1. **Agree with everything the bully says ****
 - "Yes, that's true." Or "You're right!" Or "I see what you mean."
2. **Laugh and Walk Away**
3. **Be a broken record**
 - Say, "That's your opinion" over and over and over again!
4. **Fogging**
 - Use phrases like "Possibly.", "Could be." Or "It might look that way to you."
5. **Give the teaser permission to tease****
 - Example: "It's okay to say whatever you want. It doesn't bother me."
6. **Act like you don't care**
 - Say, "Whatever..", "So." Or "And...?"
7. **Join the teaser**
 - Say, "Oh I've heard that one before."
8. **Be CONFIDENT!!!**
 - Hold your head high, make eye contact, and speak up!
9. **Tell a friend or an adult and travel in groups.**

(**Use these strategies with caution because they might not always be the best ones!)