



**NO MORE TEASING**

**TEACHER'S GUIDE**



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## **Introduction**

The objective of this program is to demonstrate effective strategies kids can use to protect themselves against teasing, harassment and bullying. Several vignettes show situations in which kids are being teased. Peer actors then model ways to resolve the situation in a safe and positive way. By viewing this program, children will also come to understand that teasing is not fun for everyone, especially for the child being teased. Children who don't have an available repertoire of social and coping skills can easily turn to violence, anger or self-harm when they face an upsetting or vulnerable situation. Conversely, when we help kids learn and develop positive social and coping skills, we provide them with alternatives that can help turn problem situations into positive outcomes. Get-Along-Monsters is an entertaining and engaging children's DVD series designed to teach children, grades K-4 important skills necessary for successful social interaction and emotional management. Each episode combines humorous, animated segments and age-appropriate, live-action scenarios to demonstrate easy-to-understand skills.

## **Learning Objectives**

This program is designed to help students learn:

- Bullying is hurtful
- Fighting doesn't solve problems and it's not safe
- Walking away is one strategy to stop teasing
- Stay calm and confident when telling someone to stop teasing
- Acting confident can help you stand up to a bully
- Being kind shows you're strong



## **Program Summary**

### **IGNORE THE TEASING**

Adam and Bill poke Elliot with a stick at recess. Elliot gets mad and wrestles Bill to the ground. They all end up getting in trouble. In a redo scene, Elliot simply walks away from the situation and the teasing stopped.

### **TELL THEM TO STOP**

Kelsey's brother Jon won't stop bothering her. Kelsey gets very upset. Finally, Kelsey tells her brother how she feels and asks him to stop calmly and with confidence. Jon stops the teasing.

### **DO IT TOGETHER**

Ellen says and does annoying things to her friends. Her friends get more and more upset. Her friends Karen, Sally and Jen decide to tell her how they feel and ask her to stop. They discover there is strength in numbers.

### **CONFIDENCE AND KINDNESS**

Adam harasses Tony to copy his homework. Tony finally stands up to Adam and shows confidence by offering to help Adam with his homework.



## **Send-Home Letter**

Dear Family Member:

Your child has seen a program called, “No More Teasing.” The objective of this program is to demonstrate effective strategies kids can use to protect themselves against teasing, harassment and bullying. Several vignettes show situations in which kids are being teased. Peer actors then model ways to resolve the situation in a safe and positive way. By viewing this program, children will also come to understand that teasing is not fun for everyone, especially for the child being teased. Children who don’t have an available repertoire of social and coping skills can easily turn to violence, anger or self-harm when they face an upsetting or vulnerable situation. Conversely, when we help kids learn and develop positive social and coping skills, we provide them with alternatives that can help turn problem situations into positive outcomes.

Through the fictionalized stories of four young children, this program is designed to help students understand:

- Bullying is hurtful
- Fighting doesn’t solve problems and it’s not safe
- Walking away is one strategy to stop teasing
- Stay calm and confident when telling someone to stop teasing
- Acting confident can help you stand up to a bully
- Being kind shows you’re strong

Talk with your child about what he or she learned from the program. Discuss if they have been teased or seen anyone being teased. Ask your children what they would do if they were being teased. Talk about ways to deal with teasing that aligns with your family’s values.



## Guidelines for Group Discussion

Group discussion is an invaluable way to explore ideas and issues, foster creativity, and build communication and social skills in young students. The following guidelines can help you maintain a “discussion-friendly” classroom:

- **Create a climate of openness and acceptance.** Encourage students to show respect for the opinions of others and model this behavior yourself.
- **Establish ground rules.** Students can participate in formulating the rules for discussion. Rules will vary, but should include some of these general principles: No putdowns, ridicule or sarcasm. Everyone may speak without interruption. Everyone has the right to pass.
- **Guard against inappropriate self-disclosure.** An intense discussion may lead students to reveal inappropriate information about themselves or others. Sensitivity and vigilance can help you head off such revelations.
- **Probe behind the neat and tidy answers.** Children are good at telling adults what they think adults want to hear. To find out what students really think, it is often helpful to prolong discussion time and encourage greater depth. Offer a “What if...?”; bring out issues such as fairness, justice, intent or lack of it, and so on. Children have a remarkable capacity to discern complexities and subtleties, and their discussions can be very rich.



## Questions for Discussion

1. How do you think Elliot felt when he was being teased? Was getting into a fight with Bill a good way to solve the problem?
2. In the story about Kelsey, explain how she stopped her brother from teasing and bothering her. Why did it work?
3. What works better to stop the teasing- getting mad and screaming or getting calm and talking with confidence? Explain your answer.
4. Why is a bully more likely to listen to a group of people rather than just one person?
5. How did Tony's kindness help to stop Adam's bullying?
6. Have you ever been teased? What did you do about it? Did it stop the problem?

## Handout #1

Read the sentences below. If you agree, color the thumbs up sign. If you disagree, color the thumbs down sign.

1. If someone is teasing, you should try and ignore them.



2. If someone says your shoes are ugly, you should say your face is ugly.  
That's a good way to stop teasing.



3. It is okay to tell someone to stop teasing you.



4. If someone is teasing you, it's important that you never tell a grown up about it because it'll make the teaser angry.



5. It is appropriate to scream when another kid says something mean about your family.



6. Being kind, calm and confident is a good way to be when dealing with a person who is being mean or hurtful to you.







## **Handout #2**

Read each sentence. Draw a picture or write a sentence to tell what you would do in the situation.

Brad keeps shooting spit balls at you on the school bus.

Lisa calls other kids in her class nicknames like stinky, pee wee and brainy.

An older kid keeps taking your snack money from your backpack.



### **Handout #3**

Teasing someone can cause many kinds of strong feelings. Draw a face that matches the emotion written below.

**Scared**

**Sad**

**Angry**

**Hurt**

**Embarrassed**



## Handout #4

### Journal Entry

Draw a picture and write a sentence about a time you were teased. How did it make you feel?

A large, empty rectangular box with rounded corners, intended for drawing a picture. The box is white with a thin black border and a subtle drop shadow.

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Script: NO MORE TEASING

HOST

Have you ever been teased? How did it make you feel?  
Sad? Embarrassed? Scared? In this program, you'll learn different ways to stop the teasing.

## **IGNORE THE TEASING**

HOST

Some people tease others because they enjoy upsetting or embarrassing people. They enjoy frustrating upsetting or embarrassing other people. What can you do when that happens? Let's find out.

HOST

One day, Elliot playing outside at recess, just minding his own business. He was having fun, until Adam and Bill came by.

ELLIOT

Hey stop.

ADAM

Shhhhh. Me and Billy are playing a game.

ELLIOT

I don't want to play.

ADAM

You have to. You're the game. It's called, how many times can we poke Elliot.

ADAM

That's two for me.

BILLY

That's two for me.

ELLIOT

Stop.

ADAM

Three for me.

BILLY

Three, four for me. I'm winning.

ELLIOT



## NO MORE TEASING

Knock it off.

HOST

Finally, Elliot had had enough. He stood up and wrestled Adam down to the ground. They fought until the teachers broke it up. And guess what? They both got in trouble.

HOST

Fighting never works. It's not safe and most times just makes things worse. So what else could Elliot have done? Well, these teasers wanted to see how much they could annoy Elliot and make him angry. By fighting, Elliot acted just the way the teasers wanted him to act and they kind of won. What else could Elliot have done? He could have ignored them and just walked away. Let's see how that can work.

ELLIOT

Don't do that.

ADAM

Shhhhhh. Me and Billy are playing a game.

ELLIOT

I don't want to play.

ADAM

You have to... you're the game. How many times can we poke Elliot.

ADAM

That's two for me.

ADAM

Ah, you're no fun.

BILLY

Let's go bother someone else.

HOST

Walking away and ignoring the teasers can work. If you're not there, they can't tease you. And if you don't get upset, you win. Ignore teasers then walk away. It works.



## NO MORE TEASING

### TELL THEM TO STOP

HOST

We've learned that some people tease to upset others. Sometimes you can ignore a teaser, but sometimes you can't. What do you do then? That's what Kelsey learned.

KELSY

Stop bothering me.

KELSEY

Knock it off Jon.

JON

I'm only playing.

KELSEY

C'mon. I have to finish this.

JON

I'm only fooling around.

KELSEY

That's it.

Kelsey gets up and chases him. She's outside his bedroom door, pounding on it and screaming for him to come out.

KELSEY (angrily)

C'mon. I'll play with you now. Open the door.

HOST

It seems Jon has gotten Kelsey's attention. Which is probably all he wanted to do anyway. How could Kelsey have gotten Mike to stop teasing? She could stop acting upset, then use her words to tell him in a calm, firm voice to stop what he's doing and why he has to stop. Let's see how that can work.

KELSEY (calmly and firmly)

Look Mike. You're bothering me. I need you to stop. I need to finish this project.

JON

I didn't mean anything. I'm bored and wanted to play with you.

KELSEY

I have to finish my project, so you'll have to cut it out. We can play a game when I'm done. If you don't bother me, I can get it done in a few minutes. Okay?



## NO MORE TEASING

JON  
Okay.

HOST  
It works. No screaming, no yelling, no more teasing.  
Don't get upset, then tell the person how you feel and then tell them you want them to stop. Say it calmly and with confidence.

### **DO IT TOGETHER**

HOST  
Ellen and her friends eat lunch together every day. Lately, Ellen's been teasing and joking around with her friends.

SALLY  
Hey, stop throwing food.

ELLEN  
I'm just having fun. You guys are no fun.

ELLEN  
Hey you spilled something on your shirt.  
Made you look.

ELLEN  
You guys are easy. I got to go. See ya'll later.

SALLY  
Ellen's getting a little annoying with all her little jokes.

JEN  
I wish she'd just stop. I've asked her to and she won't.

KAREN  
I try to ignore her.

SALLY  
She thinks it's funny...but it's just annoying.

HOST  
Ellen keeps teasing her friends because her friends let her. They could make her stop, if they worked as a group, made a plan and told her all together. Let's see how that can work.



## NO MORE TEASING

ELLEN  
What's that smell? Pee yew, that's your sandwich.

KAREN  
Stop it Ellen. It's not funny.

ELLEN  
I'm only teasing.

SALLY  
But we're tired of you making fun of us all the time.

ELLEN  
What do you mean?

JEN  
We're tired of it.

ELLEN  
I wasn't talking to you.

JEN  
Well, we were talking and WE decided we don't like when you tease us.

SALLY  
Right, we don't like it.

ELLEN  
You've got to be kidding, it's not mean, it's only teasing.  
It's a joke.

KAREN  
It doesn't feel like a joke.

ELLEN  
You guys are such babies.

JEN  
See you're calling us names again.

KAREN  
You got to cut it out.

ELLEN  
Or what?

SALLY  
We're not going to eat lunch with you anymore.





## NO MORE TEASING

ELLEN

Well, I thought we were just having fun.

KAREN

But we're not.

ELLEN

Okay... I'll stop it.

HOST

Talking together as a group is a great way get people to stop teasing.  
It's easier for a group of people to stop than it is for one person.

## CONFIDENCE AND KINDNESS

HOST

Did you ever wonder why some kids get teased and others don't? Well, teasers usually look for people who don't seem confident or sure of themselves. Let me show you what I mean.

TONI

Hey Adam. Nerd boy.

TONI

Is this your math homework? I didn't do mine, so I guess I'll copy yours.  
Thanks nerd boy.

HOST

You see, Adam was not confident. He looked afraid. His head was down and he didn't even try to stand up for himself. What else could he have done? He could stand up straight. Look the kid in the eyes and speak up for himself. That shows confidence. Let's see how that can work.

TONI

Hey Adam. Nerd boy.

TONI

Is this your math homework? I didn't do mine, so I guess I'll copy yours.  
Thanks nerd boy.

ADAM

No way; nobody copies my homework, and don't call nerdy boy. I don't like it.



## NO MORE TEASING

HOST

What a difference. See how being confident can work. Another way to show confidence is being kind to someone. Being nice to someone shows you're strong. Here's how it can work:

TONI

Hey Adam. Nerd boy.

TONI

Is this your math homework? I didn't do mine, so I guess I'll copy yours.  
Thanks nerd boy.

ADAM

No way; nobody copies my homework, and don't call nerdy boy. I don't like it.

ADAM

Hey Toni. You know if you need help with math, I can help you. I'll tell you what, I can-

TONI

Help me?

ADAM

Yeah, why not.

HOST

You see. Being nice and showing kindness is another way of showing you're confident.

## CONCLUSION

HOST

So, we learned different ways to stop people from teasing without fighting and keeping yourself safe.

First you can ignore the teaser and walk away.

Or you can get together with a bunch of people and talk to the teaser as a group.

And when you're by yourself, be confident and show kindness. Kindness shows confidence.

No more teasing. Now you know how to make it happen.

END