

Tips for taking the sting out of teasing

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- ✓ **BE COOL:** Stand up straight, speak clearly and look confident even if you aren't. Make the person teasing think they are not bothering you and they are wasting their time trying to tease you.
- ✓ **STAY CALM AND NICE:** Be in control and don't get nasty. If you are nasty to them you will be doing what they are doing and this will only make matters worse. By being nice, you are not responding the way they want you to and this may make them think twice about saying anything back.
- ✓ **DON'T SAY TOO MUCH:** Keep your words brief.
- ✓ **SPEAK AND MOVE ON:** Say your piece then walk away. The person teasing you will want to have the last word. Don't allow this. Move away and ignore any other comments.
- ✓ **KNOW WHEN TO WALK AWAY:** If you find you are getting upset or scared then it is better to say nothing and simply walk away when someone teases you. This way the person will not see any reaction from you and you can get help from someone in your support group.

