

# **“Easing the Teasing”**

## **Guidance Home Page**

### **Mr. Rauschenberger**

### **School Counselor**



## **Kindergarten**

**This week in your child’s Kindergarten class, children learned the difference between “Having Fun” versus “Making Fun” as well as the types of teasing/bullying that can occur. Students learned strategies to use if/when they are teased as well as what to do if they are a bystander and witness teasing taking place.**

### **Hurtful Teasing Occurs When it is:**

- Unfair and one-sided***
- Done repeatedly (can occur just one time as well)***
- Done intentionally***
- Involves an imbalance of power that is not based on physical size***

### **Students learned that teasing/bullying can be:**

- Physical--Hitting, Kicking, Punching**
- Emotional--Name Calling, Teasing, Put-Downs**
- Social—Exclusion (Leaving somebody out on purpose)**

**Together we discussed examples of how to be a “Buddy” and a Bucket Filler as opposed to Bucket Dipper. We read the book *King of the Playground*, by Phyllis Reynolds Naylor, which tells the story of a child dealing with a teasing/bullying situation at school and what strategies she uses to help stop the teasing.**

**This book touches upon “Playful Teasing” which is merely joking around with a good friend and is not meant to be hurtful and “Hurtful Teasing,” which is meant to hurt one’s feelings.**

**At the conclusion of the story, we discussed some of these strategies for “Easing the Teasing.”**

**What should you do if you are being teased?**

- **Tell the person to “Stop it” or “Go away”**
- **Stay calm and walk away**
- **Find a friend or group of friends so you are not alone**
- **Tell an adult (recess aide, parent, teacher, counselor, principal)**

**Next, children were introduced to the following terms:**

**TARGET OR TEASING VICTIM-Person being teased**

**TEASER-Person who teases**

**DEFENDER-Person that stands up for a teasing victim**

**Next, we played a “BUDDY” matching game. Children were given different scenarios and were then asked to determine whether behaviors were playful or hurtful. Then we discussed our answers together. Children were asked to share the “Buddy/Bully” game sheet with a parent/guardian to allow for a home discussion on bully prevention.**

**Children then watched and participated in a short role play. Small stuffed animals as well as playhouse “family members” were introduced. One of the stuffed animals, “Buddy the Dog” played the TARGET, “Willy” played the TEASER and “Max” played the BYSTANDER/DEFENDER. In order to practice these skills at home, children made their own “Defender Puppets” out of lunch bags. Children had fun using their puppets to practice their newly learned skills!**

