INSTRUCTIONS:

This Learning Packet has two parts:

1. **Text about bullying behavior** and how to prevent it.

2. **A Response Form** with questions about the text.

Read the text carefully. As you read, think about what you did and how it affects you and others. When you finish reading, write answers to the questions on the Response Form.

WHAT YOU DID AND HOW IT AFFECTS OTHERS

When you tease someone you act like a bully. Teasing makes a person feel bad about himself. It can cause embarrassment. It can cause other problems too. Teasing can make a person upset or even angry. Sometimes too much teasing can even make a person sick. A person who is teased a lot might even be afraid to come to school.

When someone teases he or she is trying to control another person. He or she might be trying to prove he or she is smarter or stronger. No matter what the reason, being teased makes a person feel bad. Do you like to be teased? Teasing someone to make a person feel embarrassed is being a bully.

WHAT YOU DID AND HOW IT AFFECTS YOU

When you tease someone you are being selfish. You are thinking only about what you want. Your goal may be to make someone feel upset. But what really happens is that other people look at you and think, “Wow! He’s acting immature.”

People don’t respect someone who behaves like a bully. They don’t like to be bullied or to see someone else bullied. A bully gets a bad reputation. A bully has a hard time making friends.
Most people try to avoid bullies. They don’t like watching what bullies do. They also don’t want to become the bully’s next victim.

Teachers and principals have to keep an eye on bullies. They can’t trust someone who takes advantage of others. They want school to be a safe and comfortable place to learn. They want students to be friends with each other. Bullies work against these goals.

REASONS FOR WHAT YOU DID

Some students tease others because they are jealous. Some tease to get back at someone for doing or saying something. In both cases the bully wants the person to look foolish. He thinks this will make him look better.

Some bullies tease because someone looks different. The bully may try to make fun of someone because he or she is tall or short. Or someone may be teased because he or she is thin or heavy or wears glasses. The bully looks for how someone is different to pick on him or her.

It does not make much difference why a bully bullies, the results are usually the same. The person being teased feels bad and the bully feels good. No matter how it is said, the message is still the same: there really aren’t any good reasons to behave like a bully!

The following stories will help you understand why it is wrong to tease people.

**BULLY TOM**

Tom is a new student in school. At first, he fit in with everyone. He did well in class and seemed to be very good in art. His drawings were so good the teacher soon had them on the hallway wall.

Unfortunately, Tom soon began comparing his drawings to those of his classmates. He looked at Margaret’s drawing and said, “Margaret, the assignment was to draw a dog, not a goat.” Then he laughed. At first Margaret laughed too, but then Tom’s
laugh became cruel.

Tom teased Margaret almost every day. Finally, she asked the teacher to move her to another table. She explained to the teacher that she wanted to get closer to the front of the room where she could see better. She was afraid Tom would get mad if she gave the real reason. The teacher told Jennifer and Margaret to change seats.

It wasn’t long before Tom teased Jennifer about her drawings too. It also wasn’t long before the teacher caught on to the problem. This time it was Tom who was moved, to a table in the corner of the room. Tom also spends an hour every week after school talking with the school counselor. Tom is learning how teasing can be harmful. He is learning that teasing is wrong.

**JACK AND DAVE GO TOO FAR**

Tammy was a good student. Her grades were excellent. She often raised her hand to answer questions. Some called Tammy the “teacher’s pet.” Tammy didn’t mind when they said this because she was proud of her good grades. But when some called her “carrot top” or “freckle face,” Tammy became very upset. She was embarrassed by her red hair and freckles.

The students who called her “carrot top” were jealous. They didn’t like it when Tammy got better grades than they did. So they came up with a plan to hurt Tammy’s feelings. They thought if they made her feel bad about herself she wouldn’t be such a good student.

Dave and Jack decided to tease Tammy on the school bus where there weren’t any teachers. They could tease her on the way to and from school. At first Tammy just ignored the boys. She hoped this would help the teasing to go away. But they kept it up day after day. “Hey carrot top! Hey freckle face!” they would call out. It wasn’t long before the bus driver heard the comments. He told the principal. Jack and Dave were told they could not ride the bus for a month.

They had to find another way of getting to and from school. Jack and Dave also had to apologize to Tammy.
BULLY BEHAVIOR

TEASING

DOING IT RIGHT

You don’t have to hurt others to feel good about yourself. Being nice to people or being helpful can make you feel better than if you tease them. Here are two questions you should ask yourself before you act:

• Will what I am about to say hurt someone’s feelings?
• Will people think less of me as a result of what I say?

If the answer to either of these questions is “yes,” then you need to change your mind about what you are about to say.

If trustworthiness, friendships and having a good reputation are important to you, acting like a bully will hurt you more that it will hurt others. Your reputation will improve when you think about the feelings of others before you act. An improved reputation will make you a winner and show others how mature you are.

SET SOME GOALS

One of the best ways to achieve something is to set a goal. A person’s goal is what he or she seeks to accomplish. For example, many professional athletes set goals early in life to enable them to develop the skills needed to be successful.

A goal will help you become more successful. If you want to stop teasing others, a good goal for you might be:

“I don’t need to make people feel bad about themselves to feel good about myself. I want people to respect me. I must act more grown-up.”

You will have a chance to write some of your own goals in the Response Packets on the next pages.
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<th>STUDENT RESPONSE PACKET</th>
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**WHAT TO DO**

Answer each of the questions below. Write your answers in the space below the question. Be neat. Think carefully about your answers. You may look back at what you read before writing your answer. Be honest. Do a good job on these questions. Good answers can help you make the right decision next time.

1. What did you do that hurt another person?

   ___________________________________________________________________
   ___________________________________________________________________
   ___________________________________________________________________
   ___________________________________________________________________

2. How did what you say hurt someone?

   ___________________________________________________________________
   ___________________________________________________________________
   ___________________________________________________________________
   ___________________________________________________________________
STUDENT RESPONSE PACKET

3. Explain how teasing can be a form of bullying.

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_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

4. What are some reasons for teasing?

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

5. What did Tom do to tease Margaret about her art work?

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<table>
<thead>
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<td>6. Why is it wrong to tease someone?</td>
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<td>7. What advice would you give Tom?</td>
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<td>8. What do most people think of bullies who tease?</td>
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STUDENT RESPONSE PACKET

9. What did you learn from reading the “Doing It Right” section?
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

10. Write a goal to help you stop acting like a bully.
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
STUDENT RESPONSE PACKET 2  TEASING

NAME

CLASS  DATE

WHAT TO DO

Answer each of the questions below. Write your answers in the space below the question. Be neat. Think carefully about your answers. You may look back at what you read before writing your answer. Be honest. Do a good job on these questions. Good answers can help you make the right decision next time.

1. Explain how you were teasing someone.

__________________________________________________________________  
__________________________________________________________________  
__________________________________________________________________  
__________________________________________________________________  
__________________________________________________________________  
__________________________________________________________________

2. Explain why you were teasing someone.

__________________________________________________________________  
__________________________________________________________________  
__________________________________________________________________  
__________________________________________________________________  
__________________________________________________________________  
__________________________________________________________________
3. Why is teasing wrong?
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_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

4. What did Dave and Jack do to tease Tammy?
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_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

5. Why shouldn’t a person want to earn a reputation as a bully?
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_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
STUDENT RESPONSE PACKET 2   TEASING

6. Give your definition of a bully.

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

7. What do most people think of bullies?

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

8. Why do you think bullying is against the rules at your school?

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
STUDENT RESPONSE PACKET 2  TEASING

9. How can goals help someone to become a better person?

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

10. Write two goals to help you stop teasing.

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

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CROSSWORD  

Across

2) Tom’s ________ were so good his teacher put them on the hallway wall
4) When you tease someone you are being __________
5) At first, Tammy _______ the boys and hoped they would stop
7) When someone teases he is trying to show he has _______ over another person
8) The boys called Tammy “_________ face”
9) Some called __________ the “teacher’s pet”

Down

1) Tom’s ________ became cruel to Margaret
2) The bus _________ heard Jack and Dave tease Tammy
3) Tom teased both Margaret and __________
6) Teasing can make a person ______ or even angry