

## What is the difference between teasing and taunting?

**Teasing** is a fun thing you do with friends and the people you care about.

**Taunting** is a choice to bully someone for whom you have contempt.

Is taunting always bullying? "Taunting is not merely an act of aggression- it has the markers of bullying."- *The Bully, The Bullied, and the Bystander*, Barbara Coloroso.

## What can I do?

According to the Youth Voice Project, children said that the most helpful strategies in ending bullying included: telling an adult at home, telling a friend, telling an adult at school, and reminding themselves it was not their fault. Research also suggests that it is unhelpful to encourage students to ignore a bully, make plans to get revenge, hit or fight back.

Parents can support their children by:

- Encouraging your student to report conflicts to his or her teacher immediately.
- Praising him or her for having the courage to tell.
- Help your child connect with peers who demonstrate positive behavior.
- Modeling positive behavior such as respect and solving problems without aggression.
- Do not tell a child to retaliate.
- Help develop a plan and problem solve for safety.
- Empower your child to become an ally to children who are bullied.

## More Resources

The information found in this handout came from the Olweus Bullying Prevention Program, 2007 and the Pennsylvania Bullying Prevention Toolkit

More information can be found online at:

<http://www.violencepreventionworks.org>

<http://rosalindwiseman.com/>

<http://kidshealth.org/parent/emotions/behavior/bullies.html#>

<http://www.stopbullying.gov/>

Check out these great books you can read with your child:

"Just Kidding" by Trudy Ludwig

"Nobody Knew What To Do: A Story about Bullying" by Becky Ray McCain

"Confessions of A Former Bully" by Trudy Ludwig

"Tease Monster: A Book About Teasing Vs. Bullying" by Julia Cook

"Each Kindness" by Jacqueline Woodson

"Simon's Hook: A Story bout Teases and Put Downs" by Karen Burnett

"One" by Kathryn Otoshi

Books for parents:

"Queen Bees and Wannabees: Helping Daughter Survive..." by Rosalind Wiseman

"How to Talk So Kids Will Listen & Listen So Kids Will Talk" by Adele Faber



### What is bullying?

Bullying is characterized by 3 main features:

- It's **aggressive behavior** that is intentional. It may be physical, verbal or nonverbal.
- There is an **imbalance of power** between the parties. The imbalance of power or strength means that the person who is targeted has difficulty defending himself or herself.
- There is a **pattern of behavior**. The **behavior is repeated** over time causing great distress or disruption in the life of the target.

Relational aggression can include many things such as shunning, hazing, spreading rumors, excluding others or teasing. Both boys and girls can engage in relational aggression.

### Is there a difference between fighting and bullying?

Yes. Here is a chart that summarizes some of the differences:

Rough Play	Real Fighting	Bullying
Usually friends; often repeated (same players)	Usually not friends; typically not repeated	Typically not friends; Generally repeated
Balance of power	Power relatively equal	Unequal power
No intent to harm	Intentional harm- doing	Intentional harm-doing
Affect is friendly; positive, mutual	Affect/Mood is negative; tense, hostile affect	Affect negative; Mood/Response differs for victim and aggressor