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## Teasing for Fun or Teasing to Hurt?

This can be confusing because sometimes friends or families can joke and tease each other and it's all in fun. But other kinds of teasing can be mean and hurt someone's feelings.

The most important rule is: ***Is EVERYONE having fun?***

If even ONE person is not having fun with the teasing then it is the mean kind.

Even if the teasers do not mean to hurt someone's feelings, if the person being teased is not having fun then the teasing should be stopped. If the teasing does not stop, then you should tell an adult.

### Some other things to look for:

- If everyone can take turns teasing back and forth, it's probably for fun. If someone is always the person being teased and never gets to tease back, it is mean.
- If everyone laughs together, it is probably for fun. If someone is being laughed at or if they seem upset or embarrassed while the others laugh, it is mean.
- If all the people have fun together doing other things besides teasing, it's probably for fun. If teasing is all that seems to happen and they don't play other games together, it is mean.
- If the teasing stops when someone says stop or gets upset, it is probably for fun. If the teasing keeps going when someone says stop or gets upset, it is mean.

These rules apply to friends, adults, and even your family and relatives. You may have an uncle, or cousin, or even a teacher who jokes and teases with you. If you have fun with it and can sometimes tease them back, then go ahead and have fun. But if you are upset or embarrassed by it, you can ask them to stop (or ask someone else to help get them to stop). They're probably not being mean on purpose and don't know that it upsets you, but if it does then the teasing should stop.