

# Helping Your Child Cope With Teasing



Dr. Susan Porter-Levy  
Licensed Clinical Psychologist

Everyone  
gets  
teased

Who gets  
Teased  
More????

You can learn  
coping strategies

Where to  
start?

The situation may start with curiosity. People recognize differences and they stare, because the appearance is unusual.

Kids usually want to know:

What is it?

How did it happen?

Does it hurt?

Can I catch it?

Will it go away?

# Step 1

## Information and Learning

The ability to recognize differences varies with age and developmental level

A lot of time kids tease  
when they're scared or  
when they don't understand what's  
going on or  
when they're just plain unhappy.

# Signs that something might be wrong:

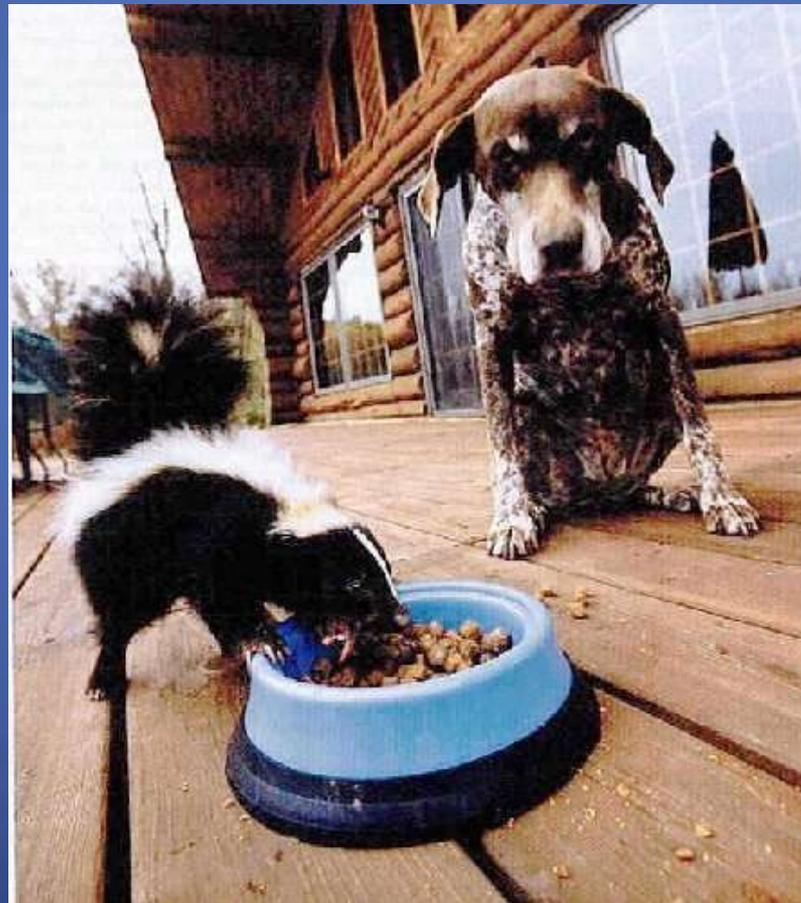
a child beginning to avoid or  
not want to go to school,

a drop in grades or friends, or

the child no longer talks  
about his school day.

# HELPING YOUR CHILD

One of the greatest secrets of life  
is having both patience and  
wisdom.....



1. Be silent, listen, breathe

2. Reflective listening, “It sounds like...” “Your voice sounds sad, mad, ..”

3. Reflect, NOT project

# *BRAINSTORMING*

"think of as many things as you can, whether or not you think they can be done or will work, and we'll write them down."

Go over the list  
and rule out those  
options that are  
illegal,  
immoral, or  
counterproductive

# Step Two: Explore Options

Ignore  
decisively

Escape with  
assertion

Rehearsed  
come-  
backs

Broken record

Distraction

Disarming

PRACTICE,  
PRACTICE,  
PRACTICE

# Conclusions

## Books for Children and Parents:

The Berenstain Bears and Too Much Teasing

by Stan & Jan Berenstain

Chrysanthemum

by Kevin Henken

Anansi and the Talking Melon

by Eric Kimmel

Princess Penelope's Parrott

by Helen Lester

Snail Started It

by Katja Reider & Angela von Roehl

Easing the Teasing: Helping Your Child Cope With Name-calling, Ridicule, And Verbal Bullying

by Judy S. Freedman

Bullies are a Pain in the Brain

by Trevor Romain

What to do...when kids are mean to your child, Parenting Guides, Vol 1

by Erin McCoy

How to Handle Bullies, Teasers and Other Meanies

by Kate Cohen-Posey & Betsy Lampe

Stick Up For Yourself: Every Kid's Guide to Personal Power and Positive Self-Esteem

by Gershen Kaufman & Leu Raphael