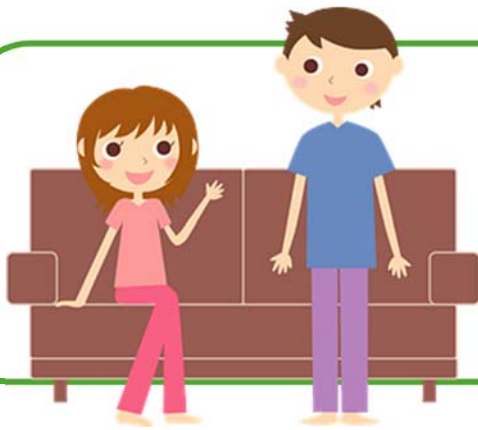


Name \_\_\_\_\_



## Staying Cool

**Directions:** Read each reaction below. Decide if it is a **Calm** response (a helpful way to handle teasing) or an **Unhelpful** response (a reaction that can make things worse). Write **C** for Calm or **U** for Unhelpful next to each one.

- \_\_\_\_ 1. Taking a deep breath and walking away from the teaser.
- \_\_\_\_ 2. Shouting back louder so everyone hears.
- \_\_\_\_ 3. Telling a trusted adult or counselor what happened.
- \_\_\_\_ 4. Ignoring the comment and focusing on your work.
- \_\_\_\_ 5. Making fun of the person who teased you.
- \_\_\_\_ 6. Talking to a friend for support and advice.
- \_\_\_\_ 7. Throwing something at the teaser to get back at them.
- \_\_\_\_ 8. Using a calm voice to say, "Please stop. That's not okay."
- \_\_\_\_ 9. Posting a mean message online to get revenge.
- \_\_\_\_ 10. Choosing to sit with different people who treat you kindly.
- \_\_\_\_ 11. Laughing along with the teasing even though it hurts your feelings.
- \_\_\_\_ 12. Writing down what happened so you can tell a teacher clearly.
- \_\_\_\_ 13. Saying something mean about the teaser to another classmate.
- \_\_\_\_ 14. Walking away and taking a break to cool down.
- \_\_\_\_ 15. Trying to solve the problem by fighting.