

Helping Your Child Cope With Teasing



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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