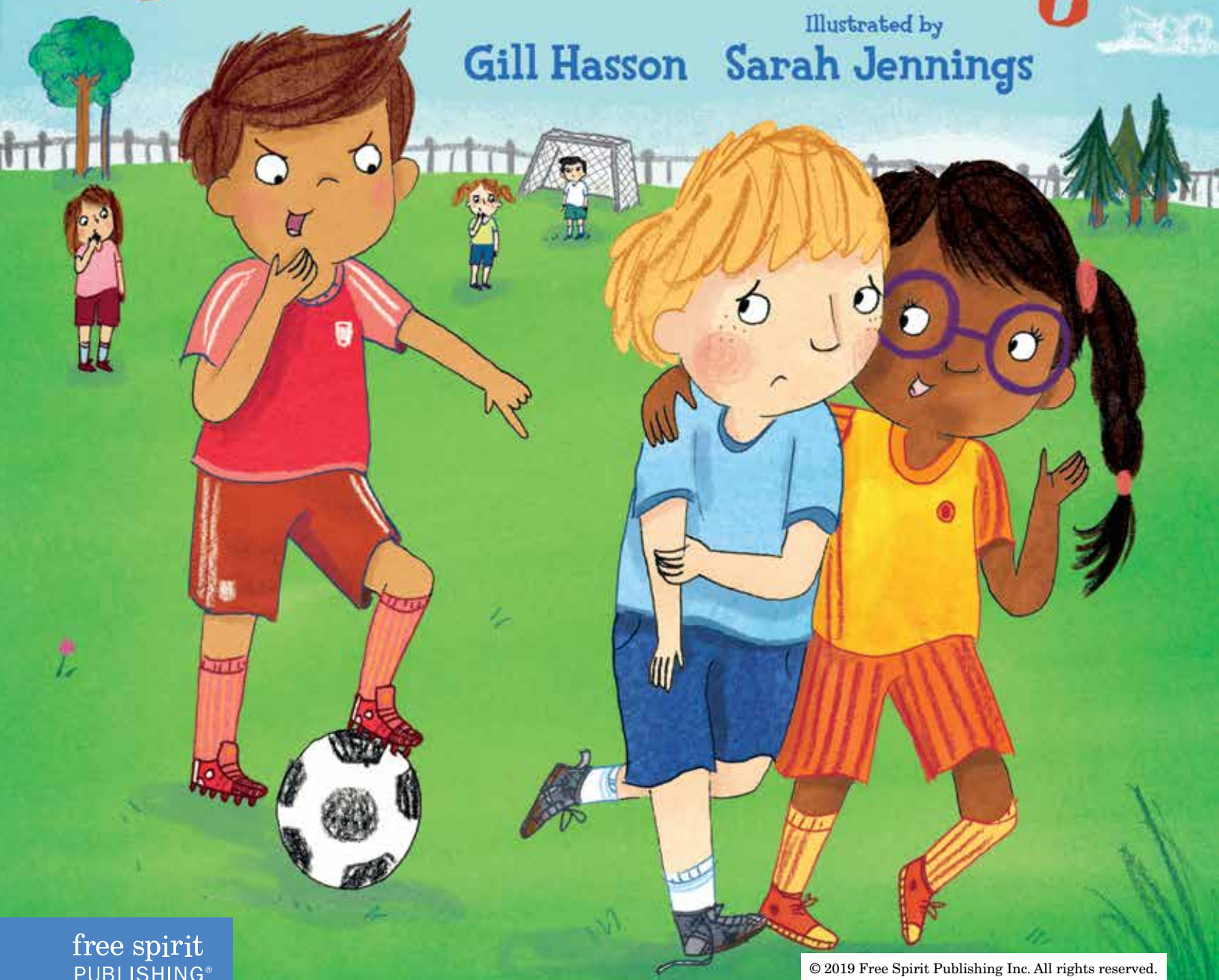


KIDS CAN COPE

Turn Away from Teasing

Illustrated by
Gill Hasson Sarah Jennings



KIDS CAN COPE

Turn Away from Teasing

by Gill Hasson
illustrated by Sarah Jennings

It's not always fun
to be teased.
This book shows how
you can deal with it.

It also shows you how to tell when
you should stop teasing someone else!



Published in North America by Free Spirit Publishing Inc., Minneapolis, Minnesota, 2020

North American rights reserved under International and Pan-American Copyright Conventions. Unless otherwise noted, no part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, or otherwise, without express written permission of the publisher, except for brief quotations or critical reviews. For more information, go to www.freespirit.com/permissions.

Free Spirit, Free Spirit Publishing, and associated logos are trademarks and/or registered trademarks of Free Spirit Publishing Inc. A complete listing of our logos and trademarks is available at www.freespirit.com.

Library of Congress Cataloging-in-Publication Data

Names: Hasson, Gill, author. | Jennings, Sarah, illustrator.

Title: Turn away from teasing / by Gill Hasson ; illustrated by Sarah Jennings.

Description: Minneapolis, Minnesota : Free Spirit Publishing Inc., 2020. | Series: Kids can cope | Audience: Ages: 6-9 |

Summary: "Kids need supportive advice for dealing with teasing—or for knowing when they should stop teasing someone else. This book shares practical tools with kids to help them turn away from teasing. Additional activities are included at the back of the book"—Provided by publisher.

Identifiers: LCCN 2019031719 | ISBN 9781631985287 (hardcover)

Subjects: LCSH: Teasing—Juvenile literature. | Teasing—Prevention—Juvenile literature. |

Bullying—Juvenile literature.

Classification: LCC BF637.T43 H37 2020 | DDC 302.34/3—dc23 LC record available at <https://lcn.loc.gov/2019031719>

Free Spirit Publishing does not have control over or assume responsibility for author or third-party websites and their content.

Reading Level Grade 3; Interest Level Ages 6-9;
Fountas & Pinnell Guided Reading Level N

Edited by Alison Behnke and Marjorie Lisovskis

10 9 8 7 6 5 4 3 2 1

Printed in China

H13770919

Free Spirit Publishing Inc.

6325 Sandburg Road, Suite 100

Minneapolis, MN 55427-3674

(612) 338-2068

help4kids@freespirit.com

freespirit.com

First published in 2020 by Franklin Watts, a division of Hachette Children's Books • London, UK, and Sydney, Australia

Copyright © The Watts Publishing Group, 2020

The rights of Gill Hasson to be identified as the author and Sarah Jennings as the illustrator of this Work have been asserted in accordance with the Copyright, Designs and Patents Act, 1988.

Series editor: Jackie Hamley

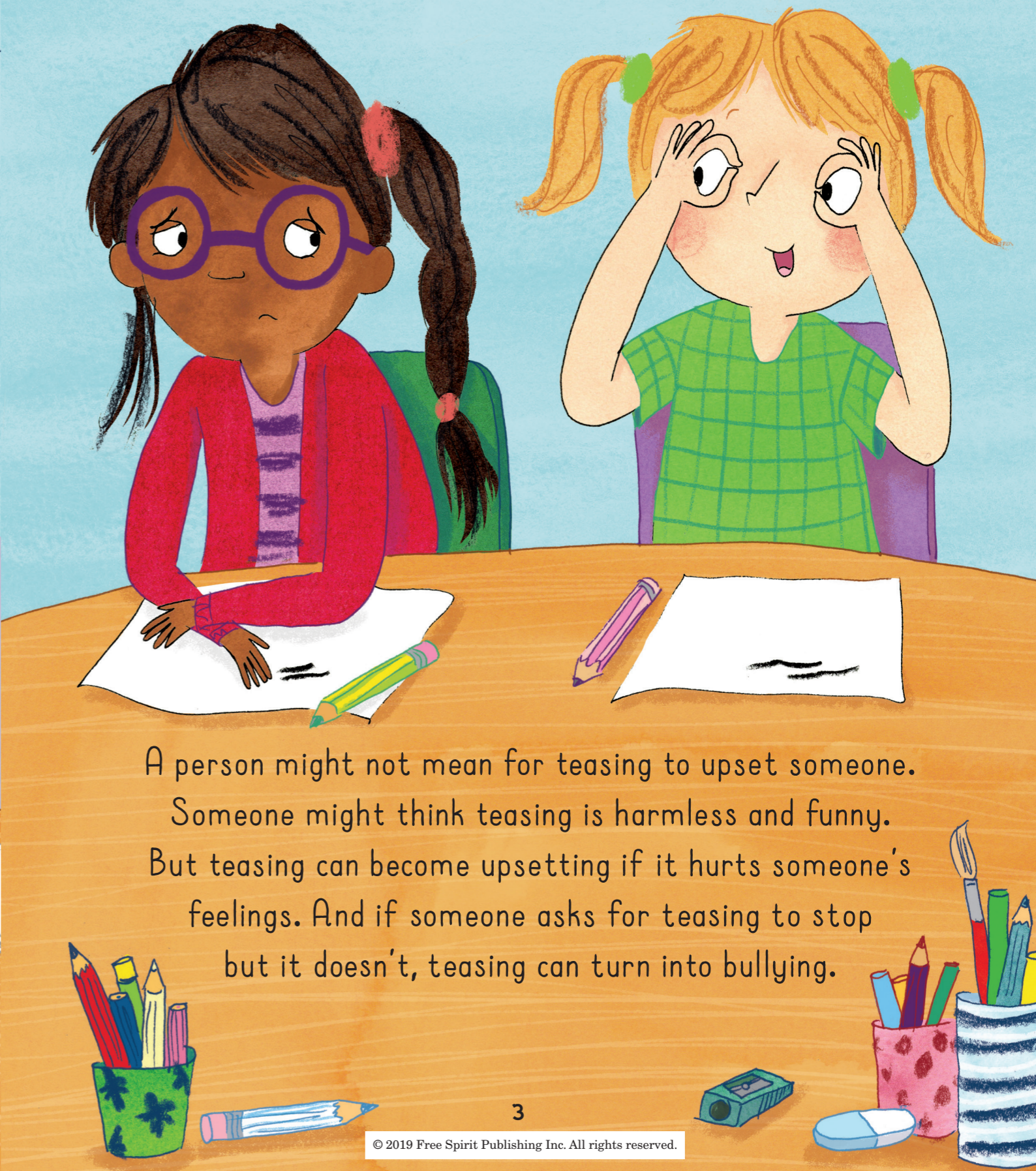
Series designer: Cathryn Gilbert

Free Spirit offers competitive pricing.

Contact edsales@freespirit.com for pricing information on multiple quantity purchases.

What is teasing?

Teasing is making fun of someone. It could be making fun of the way someone looks, or the way someone says or does something. It could be making fun of the things someone likes or dislikes.

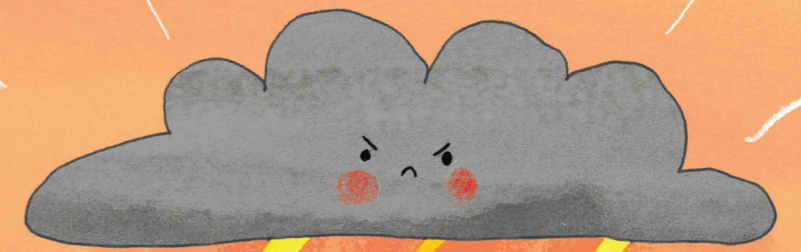


A person might not mean for teasing to upset someone. Someone might think teasing is harmless and funny. But teasing can become upsetting if it hurts someone's feelings. And if someone asks for teasing to stop but it doesn't, teasing can turn into bullying.

What it feels like to be teased

Being teased can leave you feeling embarrassed or ashamed.

Your cheeks might burn and you might want to curl up in a ball. Or you may wish you could just sink into the ground.



When you're being teased, you might feel mad. Your head might fill up with angry thoughts about things you want to say or do to get back at the person teasing you.

Turn away from teasing

If you're dealing with teasing, here's what you can do:

- Say you don't like it and tell the person teasing you to stop.
- Ignore it as much as you can. Try not to react.
- Stand up for yourself if the teasing does not stop.
- Practice what you will say so the words come easily to you.
- Tell the person firmly, and loudly enough for others to hear, that you want the teasing to stop.
- Stick up for others if you see them being teased. Other people will probably be on your side too.

If you're teasing someone and they get upset or angry, stop immediately and find other ways to have fun. Remember, teasing that upsets someone can become bullying. If being teased is upsetting you, you don't have to deal with it on your own. Tell someone you trust what's happening to you. If you don't feel you can talk to anyone you know, you can call **1-800-448-3000**, text **CONNECT** to **741741**, or go to **yourlifeyourvoice.org** to talk with a counselor. This person will listen to you and give you help and advice about what to do if you're being teased or bullied. You can also go to **stopbullying.gov/kids/what-you-can-do** for help and advice about what to do if you or others are being bullied.



Activities

These drawing and writing activities can help you think more about how to manage teasing and bullying. You could keep your pictures and writing with this book as ideas that can help you cope when you are dealing with someone teasing or bullying you.

- Think of a time when someone has teased you. Draw a picture that shows what happened. At the bottom of the picture, write how you felt about being teased. Which of these words would you use? What other words would you use? Hurt, mad, annoyed, irritated, angry, bad, amused, wound up, sad, upset.
- Think of a time when you teased someone else. Draw a picture that shows what happened. At the bottom of the picture, write how you think the person felt about being teased. Which of these words do you think could describe some of those feelings? Is there something you could do to help make things right? Hurt, mad, annoyed, irritated, angry, bad, wound up, amused, sad, upset.
- Draw a picture of yourself. Add a speech bubble to the picture and write in it something you'd say to stand up for yourself if you were being teased or bullied.
- Make a big list of things you like about yourself. Look in the mirror and tell yourself these things.
- If you were being bullied or you knew someone else was being bullied, who could you talk to and ask for help? Draw a picture that shows you telling someone.
- Design and create an anti-bullying poster. At the top of the poster you could write the words: **No bullying!** Then you could write these words (or others that you think of) and decorate the poster with drawings:

We will not bully others!
If we see bullying we will:
Speak up! Get help! Be a friend!