



## TEASING OR BULLYING?

Here's a tip sheet you can use to help you decide if teasing is positive or might have turned into bullying:

### It's more likely to be positive teasing when ...

- The people involved are friends
- It's fun for both people
- It's playful and friendly
- Both people tease each other equally
- The teasing stops if the person being teased seems upset or asks for the teasing to stop

### It's more likely to be bullying when ...

- The people are not friends
- It's not fun for the person being teased
- It's mean, hurtful or embarrassing for the person being teased
- One person usually does the teasing and the other person is always being teased
- The teasing continues even if the person being teased is upset or asks for it to stop

**When you Stand UP! to bullying, you are helping to make your community a better and safer place.**

**For more information, visit: [www.prevnet.ca](http://www.prevnet.ca)**