



## This tip sheet can 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 all people involved.
- It's playful and friendly.
- Everyone involved teases 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)**