

Healthy Friends

A friend asks how you are feeling.

A friend thanks you for letting them borrow your calculator.

A friend tells you they are angry with you.

A friend tells you the truth that they accidentally took your book.

Your friend accepts your apology.

Your friend is crying because she feels bullied.

A friend invites you to hang out with their friend.

A friend cheers you on.

Your friend tells you they are hurt by another friend.

You feel listened to when you share your feelings.

A friend apologizes for forgetting your birthday.

Aches and Pains

You are talking about your weekend and your friend keeps interrupting.

A friend gets upset with you for sitting with others at lunch.

A friend is always complaining about one of your best friends.

A friend makes a big deal over something very little.

A friend rolls their eyes after you look in her direction.

A friend tells you they did a better job than you with the homework.

Two friends are whispering and look in your direction.

A friend looks away when you talk to them.

A friend doesn't save you a seat at the lunch table.

A friend becomes clingy with you because you have a new friend.

A friend giggles at your answer in class.

A friend pretends to not see you when you walk by.

A friend brags about winning the game.

Friendship Fever

A friend points out the pimple on your face in front of everyone.

A friend tells the teacher you are the one making the noise in class.

Your friend tells you they are not mad at you, but they won't include you at recess.

A friend is rude to you a lunch and super nice to you at recess.

You are upset and your friend says, "you are so sensitive."

Your friend gives you a compliment and then they say, "just kidding."

You make a mistake and your friend says, "you are brilliant!"

A friend tells you they don't like another student, but then happily hangs with them at recess.

A friend makes fun of your new shoes.

A friend looks disgusted in your direction.

You ask for an apology and your friend says it's your fault.

A friend lost your headphones and blames someone else.

A friend shows an angry face to you.

Bites and Bruises

Your friend tells you they watched another friend get in a fight at recess.

A friend tells you to not include another friend at lunch.

Your friend tells you there is something wrong with you because you are clumsy.

You and your BFF are not getting along. You notice a shared friend doesn't talk to you anymore.

Your friend tells you she notices you are becoming a brat.

A friend tells you to take their side and not be friends with another friend.

A friend purposely leaves you out of the conversation.

A friend texts your crush that you like them.

A friend tells you that you are not invited to their party.

Your friend stops talking to you and does not tell you why.

A friend tells your secret to her sister.

Your friend won't return any of your apology text messages.

A friend stops talking to you because their friend is mad at you.

Broken Bones

Except you, a friend gives the entire class their birthday invitation.

A friend screams at you threatens to hurt you.

Your friend tells you if you don't stop hanging out with another person, they will stop being your friend.

You keep hearing stories about your best friend that are not true.

A friend tells you, if you really cared about them you would sneak out of your house tonight.

A friend starts a rumor about you.

Your friend calls you, "fat."

You receive a text message from your friend saying they will post embarrassing photos of you online if you don't call them back.

You hear someone call your friend, "stupid."

A friend says to you, "Hey, loser, no wonder you don't have any friends."

On the playground, your friend purposely does not pick you to be on their team.

A friend tells you to sign a mean note for another classmate.

Your friend tells you another classmate may get kicked out of school for stealing.

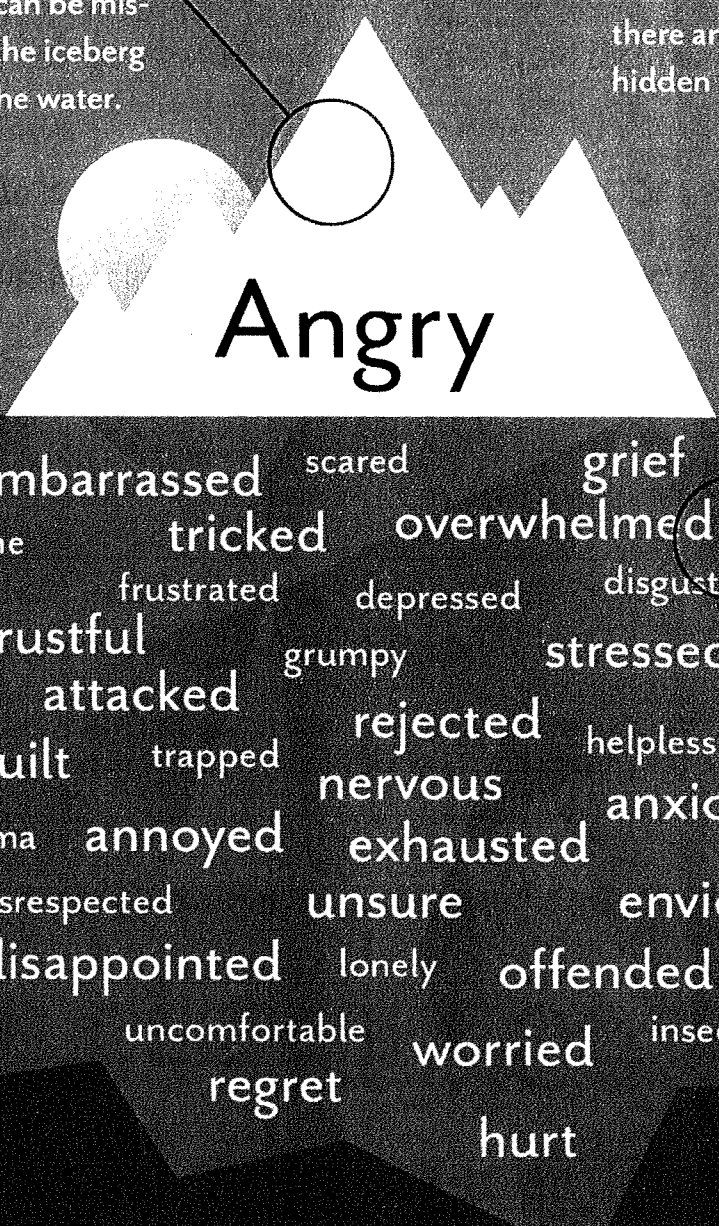
<p>Helping your child handle RUDE behavior</p>	
<ol style="list-style-type: none"> 1. Stop the spread of rudeness (it only gets worse if you are rude back) 2. Don't take rudeness personally (we all have bad days) 3. React to rudeness with kindness (it gives the other person a chance to calm down, and helps you to know that you are doing the right thing) 4. Use "I feel" messages to let them know how their comments make you feel (but avoid "You" messages like "You are being rude!") 5. Take deep breaths and use your coping skills to calm yourself down, to minimize you getting upset and reacting in a way that makes the situation worse 6. Show empathy (let them know you care about them, ask them if something is wrong) 7. Be a good role model to all people (if you act kind, people may "mirror" or model your behavior, if you act rude, they may model that behavior as well) 8. Avoid the person if they continue to be rude (walk away) 	

TATTLING	Getting someone in trouble	Unimportant	Harmful or dangerous	Being mean on purpose
REPORTING	Getting someone out of trouble	Important		

Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.



Angry

embarrassed scared grief
shame tricked overwhelmed
frustrated depressed disgusted
distrustful grumpy stressed
attacked rejected helpless
guilt trapped nervous anxious
trauma annoyed exhausted
disrespected unsure envious
disappointed lonely offended
uncomfortable worried insecure
regret hurt

Ways to Handle Rumors and Gossip

➤ Tell them to stop. (You can say: Knock it off, cut it out, or just plain "stop".)

➤ Tell them how you feel (You can say: That's not funny, I don't want to be a part that, or that's not cool.)

➤ Don't get revenge by spreading more rumors or gossip. Be the friend you would like to have to everyone. It'll pay off later!

➤ Get help from an adult. Friends can help too, but try to focus on the solution and not the problem or else it can seem like you are gossiping about the gossiper!

➤ Focus on the positive people and things in your life.

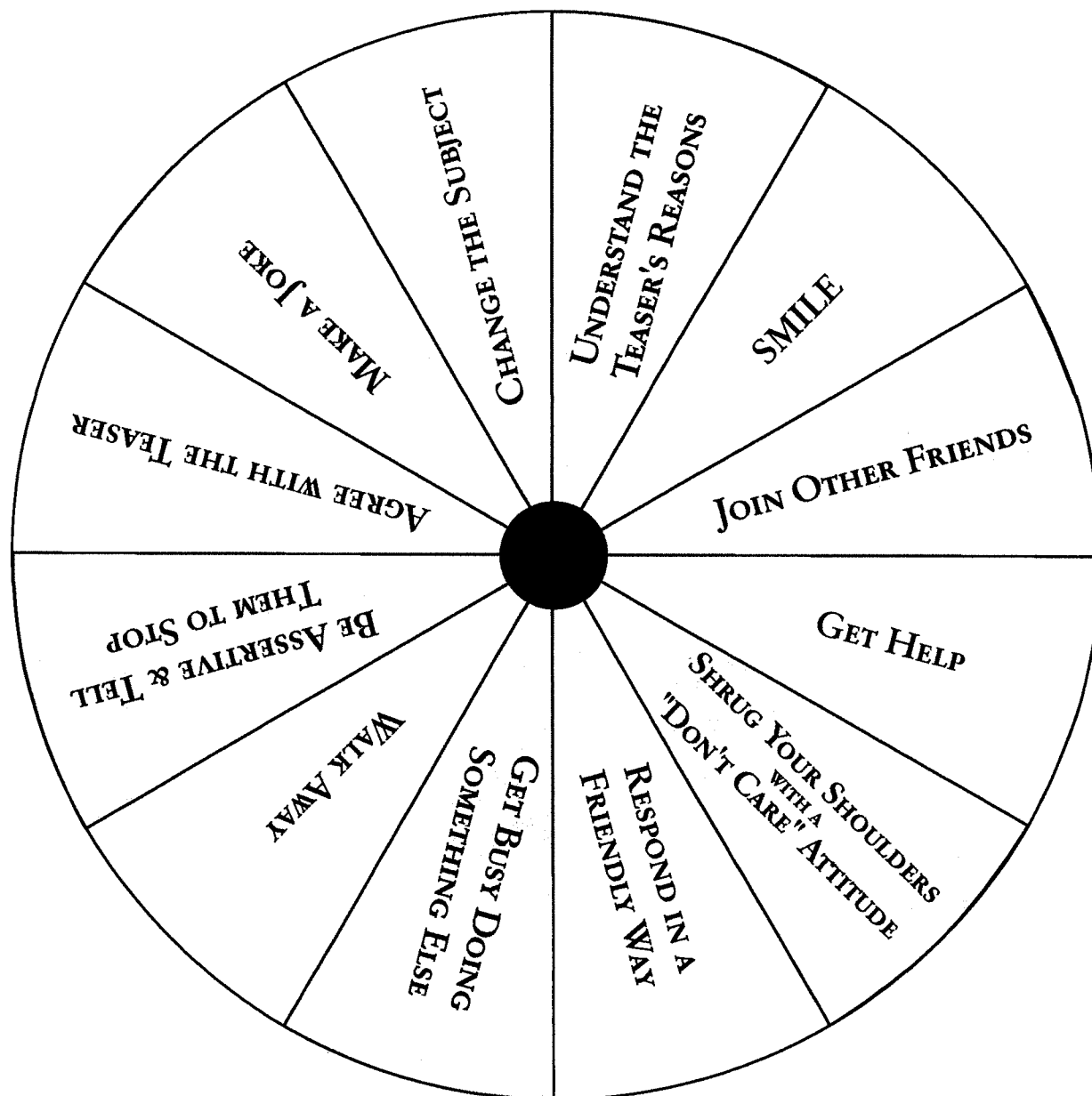
If you hear someone spreading rumors about someone else:

➤ Don't listen! change the subject to a new movie you saw or your favorite activity. If you listen, they will think you agree with them!

➤ Don't repeat what you heard to anyone else and that includes telling the target of the rumor or gossip. Telling the target will only make them feel bad about themselves.

➤ Tell an adult if the target of the rumor needs help. If the first adult you told isn't helpful in solving the problem, tell someone else until the problem is solved.

TEASING WHEEL OF STRATEGIES



Mirror TEST

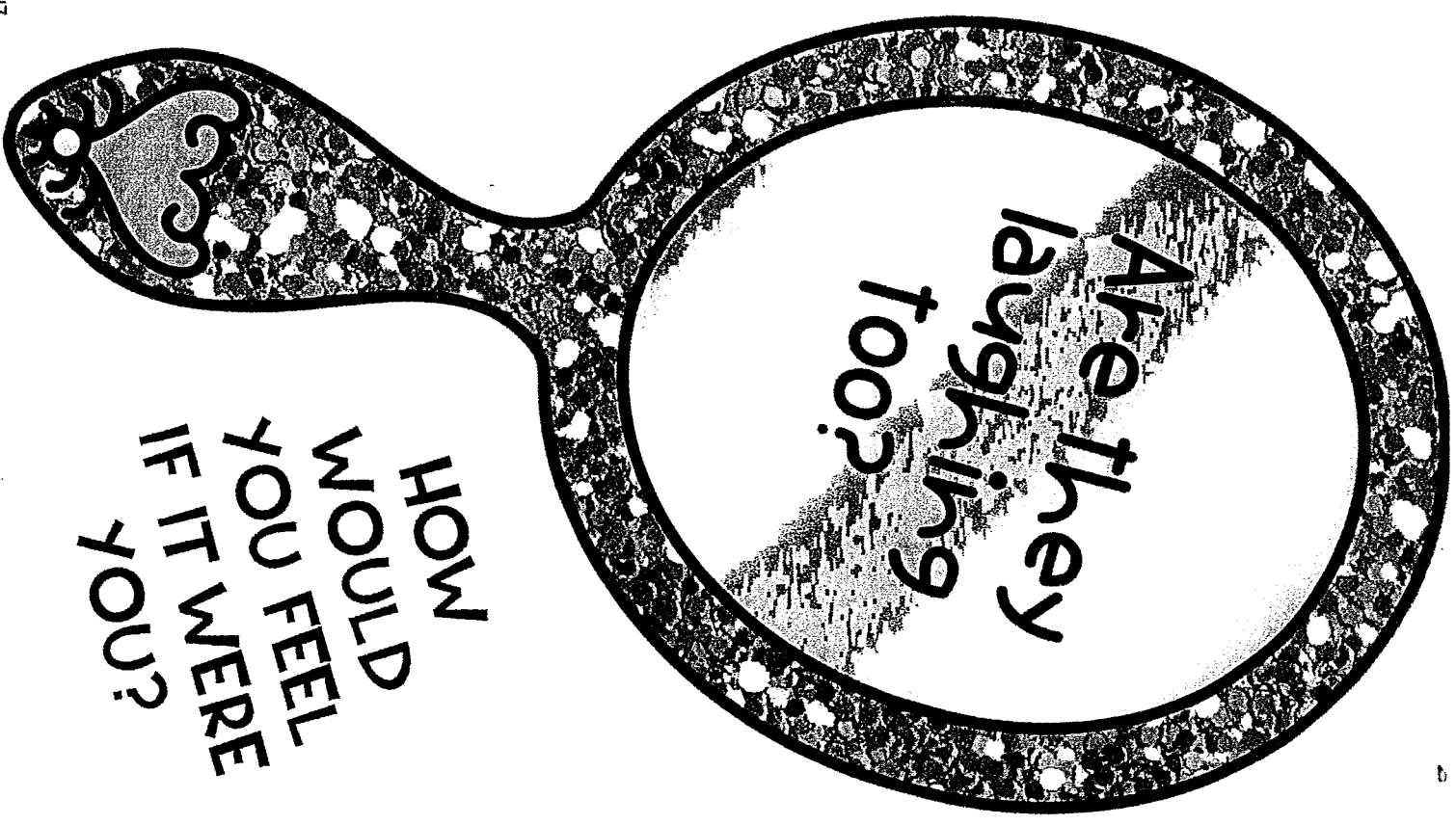
Practice your words on
yourself and think of
how you would feel if
someone said those
things to you.

DO THE WORDS YOU SAY:

Help? Hurt?

Sound nice? Make

others feel good? Make
people happy or sad?



Name: _____

Mean TEASES vs. Playful TEASES

What is a mean tease?
Describe it.

What is a playful tease?
Describe it.

Sometimes, even though
a tease is meant to be playful, it
can be hurtful. How can you make sure
that your playful tease does not hurt?

Mean TEASES

Write and/or draw an example of a mean tease.
Why is this tease mean?

Playful TEASES

Write and/or draw an example of a playful tease.
What makes it playful?

