

# A friend keeps annoying you and making fun of you.

## EXAMPLE RESPONSE:

### **Stay Calm:**

Try to remain calm and composed even though it may be hurtful.

Take a deep breath before responding.

### **Use "I" Statements:**

Express your feelings using "I" statements to avoid sounding accusatory.

**Try saying:** "I feel sad when you make fun of me."

### **Be Direct:**

Clearly and directly communicate that the teasing is not acceptable.

Say, "It's not okay to make fun of others. I want you to stop and you need to stop."

### **Ask for Help:**

If the teasing continues, consider seeking help from a teacher, school counselor, or another trusted adult.

Say, "I've asked you to stop, but it's still happening. I'm going to talk to the teacher about it."

### **Focus on Positivity:**

Encourage positive interactions by suggesting alternative ways to interact.

Say, "Let's find things we have in common and be friends instead."