

Responding to Teasing

self-talk story

Sometimes at school people tease me. Teasing makes me upset and it can happen a lot. I talk to an adult about it and make a plan for when it happens. Having a plan helps me deal with it. I practice my plan and next time I'm teased I will follow it.

steps

- 1 I practice and follow a plan for when someone teases me.
- 2 When it happens I stop and think if I should respond.
- 3 I talk in a calm but firm voice.
- 4 I can ask the person to stop teasing.
- 5 I can decide to ignore the teasing.
- 6 If the teasing continues I will walk away.

1

I practice and follow a plan for when someone teases me.



2

When it happens I stop and think if I should respond.



3

I talk in a calm but firm voice.



4

I can ask the person to stop teasing.

self-monitoring checklist

M	Tu	W	Th	F	Responding to Teasing
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. I practice and follow a plan for when someone teases me.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. When it happens I stop and think if I should respond.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. I talk in a calm but firm voice.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. I can ask the person to stop teasing.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. I can decide to ignore the teasing.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. If the teasing continues I will walk away.
Problem 1. There is a student near your locker who always teases you. Tell one thing you can do.					
Comment _____ _____ _____					
Problem 2. You have asked a student to stop teasing you but he hasn't gotten the message. Tell one thing you can do.					
Comment _____ _____ _____					

Joining a Group of Friends

Narrative

Learning how to converse with friends in an age appropriate manner takes time, but is a vital skill for students to master to avoid misunderstandings and promote social success and happiness at school. However, for some, mastering skills to initiate conversation requires direct teacher intervention.

Objective

The student will make a self-initiated attempt to join a small group of friends by greeting them and making at least one statement that is on topic.

Lesson

1. Introduce the lesson by reading the teacher's script.
2. Read and discuss the self-talk story.
3. Read and discuss the steps.
4. Practice the steps by performing role-plays.
5. Review the steps.
6. Teach how to use the self-monitoring checklist.
7. Students write and discuss solutions to the problems.
8. Assign the skill to the students.

Teacher's Script

Say, "When you see a group of your friends, you might want to join them. Speaking in a normal voice (not too loud), greet them, and ask if it's okay to join them. When someone else is talking, wait until they stop before saying something. Try to talk about the subject they are talking about and be nice to all people in the group. If you do these things, your friends will enjoy being with you and want you to join them."

Joining a Group of Friends

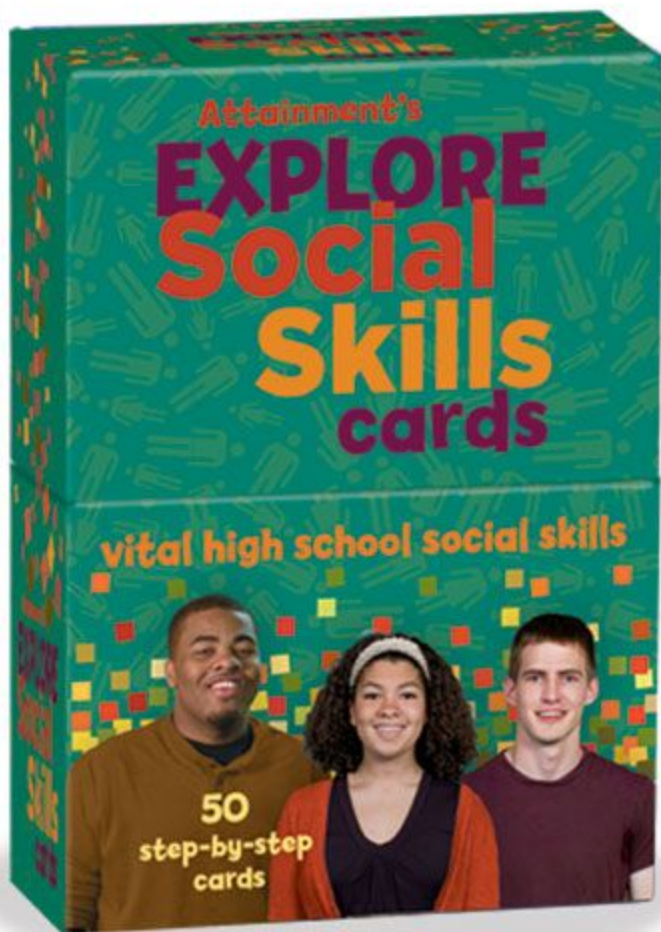
self-talk story

I see a group of my friends talking. I walk up and say "Hi" in a normal voice. I ask if I can join them. I listen to the conversation and wait my turn to say something. When I talk I look at everyone so they feel included. I talk about the same topic. I talk about okay things.



steps

- 1 I walk up to a group of friends and say "Hi."
- 2 I ask if I can join the group.
- 3 I listen to the conversation.
- 4 I talk when another person is done.
- 5 I talk about the same topic.
- 6 I talk to everyone in the group.



Attainment's

EXPLORE
Social
Skills
cards

vital high school social skills



50
step-by-step
cards

15

Eating in the Cafeteria

steps

- 1 I have to do what my coach tells me to do.
- 2 I look at and listen when my coach talks to me.
- 3 I repeat back what my coach says.
- 4 If I have a question I can ask my coach.
- 5 I thank my coach for helping me.

Riding in a Car self-talk story

I like having a ride to school. I get into the car and buckle my seatbelt. I use this time to go over my day's schedule. I talk about okay things to the other people in the car. Sometimes sitting for a long time is hard for me. I can listen to music but I need to follow the rules and not to distract the driver. I thank the driver for bringing me to school.