

## How to Decide Between Friendly Teasing, Just Not Thinking, Just Being, and Bullying

|  | Friendly Teasing | Just Not Thinking | Just Being | Bullying |
|--|------------------|-------------------|------------|----------|
| I know this person well. We are friends.   | Yes              | Could be          | Could be   | No       |
| Usually this person is nice and I feel good when I'm around this person.   | Yes              | Could be          | Could be   | No       |
| This person's words match their actions.   | Could be         | Could be          | Could be   | No       |
| Everyone in the group is talking this way to each other.   | Could be         | Could be          | Could be   | No       |
| What happened seemed like an accident. The person apologized right away without anyone telling him to and seemed to mean it.   | No               | Yes               | Could be   | No       |
| This person seems like he or she is in a bad mood for some reason. They are distracted, stressed out, or scared. They seem to feel better later and act nicer later. Maybe they even apologized. | No               | Yes               | No         | No       |
| This person was laughing at me when I wasn't trying to be funny. When I looked upset, this person apologized.  | Yes              | Could be          | Could be   | No       |