

# Self-reflection: Teasing

**Teasing is making fun of people based on their appearance, abilities, ethnicity, culture, or any other defining characteristics.**

Have you ever been a victim of teasing? \_\_\_\_\_ Describe what happened:

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How did it make you feel? \_\_\_\_\_

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How did you try to deal with it? \_\_\_\_\_

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Is there anything you would do differently now? \_\_\_\_\_

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Have you ever made someone else a victim of teasing? \_\_\_\_\_

How did that make you feel? \_\_\_\_\_

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Why do you think you did it (be honest with yourself)? \_\_\_\_\_

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