

PARENT INFORMATION 5

The Triple A's 4 Teasing: 'Ask a Question' & 'Ask to Stop'

The Triple A's 4 Teasing gives children a range of skills that they can use immediately. They are:

AGREE: Defuses what the teaser has said, e.g., "Yep, that's about right!"

ASK A QUESTION: Tackles the teasing content directly and feigns an interest, e.g., "Have you only just noticed my freckles?"

ASK TO STOP: Tells the teaser assertively and calmly that enough is enough.

- **Agree(ing)** is an interesting and unexpected response to Cool Teasing that 'takes the wind out of the sails' of the teaser. It is **not used** to respond to Cruel Teasing.
- **Ask(ing) a Question** tackles the teasing content directly, and pretends an interest in the teaser's comments. It is effective for both Cool and Cruel Teasing.
- **Ask(ing) to Stop** is for Cruel Teasing, but also can be for Cool Teasing to give a warning that the limit's been reached - and it's time to stop – now.

This week your child has learned about, and practised, the Ask a Question and Ask to Stop Responses.

Ask a Question is a way to bring a teaser 'up short' on their content. It tells the teaser that what they have been saying is becoming old, tired and boring. It's a very useful and non-confrontational step to dealing proactively with teasing.

Ask to Stop requires a child to confront the teaser and your child has been introduced to 'Straight Talk 4 Teasing.' You might remember this from the bullying TOOLS and it's very similar. It directly tells the teaser that they have gone too far, or maybe just too long – either way, it's time to stop.

Straight Talk is a difficult skill to establish, and requires a child understanding the difference that their body language, choice of words and tone can make. Your child has role played Straight Talk 4 Teasing as a response to many scenarios. Here's an example: *Harriet's friend has been telling some of the girls and boys in their class that Harriet is 'in love' with a boy in Year 5.*

The Straight Talk sounded like this: *"That's not funny. Stop spreading rumours."*

It's beneficial to continue to practise Straight Talk 4 Teasing until it rolls off your child's tongue. Think up some of your own scenarios and do some role plays (who knows, perhaps there's a Grammy Award in your future). Your efforts will be rewarded with a child who can resiliently deal with all forms of teasing.

Focus your positive feedback on:

- Confident body posture - shoulders back, chin up and eye contact.
- Confident and calm tone of voice.
- Strong and assertive words.

This is what Straight Talk 4 Teasing looks like.



Approach calmly and positively

Describe what the problem is

Ask ASSERTIVELY to STOP!

Finally, on Life's busy Highway, the primary school years can be challenging socially and emotionally. This part of the journey can also be made much easier by utilising HIGHWAY TOOLS to get over the inevitable BUMPS and occasional HAZARDS.

The more TOOLS your child has in their HIGHWAY TOOLBOX the greater their chances of being happy and successful....

HIGHWAY HEROES with skills for resilience.

REFLECTION POINT:

Do you have a 'strategy' for managing difficult social situations? Perhaps you have a friend who likes to have a laugh but seems to go a little bit too far. It might make you feel uncomfortable - or even avoid interacting with that person regularly. Maybe using The Triple A's 4 Teasing could help you to work through that situation.