

## WORK SHEET – EXERCISE 6E

### Debate: I'm afraid of being teased... or not!

Do you remember Clarisse, who was afraid to make a mistake and that people would make fun of her on stage?

Here are some questions for a debate or a discussion with the group, to help develop your empathy and to think about the consequences of teasing.

1. How about you? Have you experienced a similar situation? And what if it was you that was afraid of being teased?
2. How did you feel? Who else has felt like that?
3. What happened in your body? Who else felt that in their body?
4. What did you think? Did others think like that as well?
5. Did another child help you?
6. How about you? Do you sometimes laugh at someone or make fun of them?
7. Or do you observe someone teasing someone and laughing at them with others?
8. What's your intention when that happens?
9. What is teasing? Why do you tease someone?
10. What could we do to avoid words that hurt?
11. What could you say or do after you said words that hurt someone else?
12. How can you help your friend when they are being teased?
13. Is it possible to laugh about it together? How?
14. How do you recover?

We are all different and that is normal. That's even good news!

But some differences can seem weird or make us want to laugh. Being observed can be reassuring or make you afraid. Words can be soft and welcoming, others can hurt. The words "It was just a joke" aren't enough to make up for it... "assessing" if a joke is funny or not is not up to the person who made the joke, it is about the sensibility of the person who's being targeted with the joke.

And at the end, here's a little rhyme to keep in mind:

"Who needs to make fun  
of everything and everyone?  
Let's all be different together,  
That's so much better!"