

Teasing



- Teasing puts people down and can make them feel bad. Making negative comments about someone's height, size, shape, or skin colour is hurtful. The person who makes teasing comments is usually trying to gain power over someone else. The bully might have his own insecurities or not feel good about himself.

- Telling secrets behind someone's back is also very hurtful. Remember that everyone has things that make them special - be respectful of people's differences.

- When we are upset about other people picking on us, we sometimes look for ways to change our appearance or body shape.

- Exercise is good for your health, but some kinds of exercise can be harmful. Some boys (and girls) lift weights to get bigger and more powerful. Lifting weights (without proper guidance) when your bones and muscles are still growing can lead to injuries.



Yeah. And I heard that you can get powdered drinks that make your muscles big.



- Your body grows at its own natural pace. Be patient. Try to exercise for fun and fitness. Don't forget about setting your own goals for being active.

