

Teasing

Are you ready to take a fun quiz?

Try to answer the following questions. Be careful - some of them are tricky. Discuss the reasons for your answers with the students in your group and write them down in the space provided.



1. It is easy to stand up for your friends if they are being teased.

True False

2. Weight training can be dangerous for children since their bones and muscles are still growing.

True False

3. A person being muscular makes them healthy.

True False

4. Making fun of someone's body size or shape is called bullying.

True False

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Answers



1. It is easy to stand up for your friends if they are being teased.

True **False**

2. Weight training can be dangerous for children since their bones and muscles are still growing.

True **False**

3. A person being muscular makes them healthy.

True **False**

4. Making fun of someone's body size or shape is called bullying.

True **False**

1. False. It can be hard to stand up for a friend or classmate who is getting teased. Walking away from the person who is doing the teasing (as opposed to watching) can lessen the attention given to the bully. Talking to a teacher or an adult about the teasing is another way to try to eliminate teasing.

2. True. Sometimes children may feel pressure from teasing to change the size or shape of their bodies. Weight training can be part of a physical activity plan for children, however proper guidance is needed to make sure that growing bones and muscles are not damaged.

3. False. Having strong muscles is not equated with being healthy. Participating in vigorous physical activity and eating healthily are important goals to achieve a healthy lifestyle. Your body needs a variety of physical activities to achieve a healthy heart, muscles, and bones.

4. True. Bullying and teasing are expressed in many different ways, including laughing at (or excluding) someone because they look different.