

My Daily Helper

Pink Bunny & Friends

Responding to Teasing or Bullying



**A Social Story About
Getting Support for Repeated Unkind Behavior**

Someone Acts Unkindly



Teasing or bullying can include repeated unkind words, exclusion, threats, or actions. It is not my fault.

Ask Together

What could you do during this step?



I Notice My Feelings



I may feel hurt, scared, angry, confused, or numb.

Ask Together

What could help with this feeling?



I Use a Firm Stop



If it feels safe, I say stop, show a stop signal, or use my device.

Ask Together

What could you do during this step?



I Move Toward Safety



I leave the area and move toward trusted adults or supportive peers.

Ask Together

What could you do during this step?



I Do Not Tease Back



I do not need to insult, threaten, or fight back to prove myself.

Ask Together

What could you do during this step?



I Tell a Trusted Adult



I explain who, what, where, and when as clearly as I can.

Ask Together

What words, pictures, or gestures could you use?



The Adult Listens



The adult should take the report seriously and help create a safety plan.

Ask Together

What could you do during this step?



I Stay Near Supportive People



I remain near people and places where I feel protected.

Ask Together

What could you do during this step?



I Report It Again if Needed



If it continues or the first adult does not help, I tell another trusted adult.

Ask Together

What could you do during this step?



Great Job - I Got Support!



Speaking up and seeking protection are strong, appropriate choices.

Ask Together

What part of this story are you proud of?

