

# Friendly vs Unfriendly Teasing

A quick visual guide to help you read jokes and teasing — even when tone and facial expressions are hard to read.

## GREEN LIGHT: Friendly Teasing (Usually OK)

- ✓ Both people look relaxed or smile
- ✓ The speaker is joking about something small or temporary
- ✓ It stops if someone looks uncomfortable
- ✓ You feel included, not smaller

## RED LIGHT: Unfriendly Teasing (Not OK)

- ✗ People laugh *at* you, not with you
- ✗ It targets your body, intelligence, interests, or differences
- ✗ It keeps happening after you go quiet or ask it to stop
- ✗ You feel embarrassed, angry, or want to leave

## Same Words — Different Meaning

Situation	Friendly	Unfriendly
Missed a shot	That one was rough ■	Wow, you suck
Wrong answer	Nice try	Are you dumb?

### ***If You're Unsure:***

- Say: 'Is this joking or serious?'
- Look at what happens next — do they check you're OK?
- Trust how your body feels

*If it doesn't feel good, it doesn't have to be tolerated — even if others say it's a joke.*