

Following are ideas of things to talk to your child about regarding their disability:

- Help your child learn about their disability in terms they can understand.
- Be open and honest with them about their disability.
- Talk with your child and have your child come up with things they do differently than their peers and things they do the same so that they can explain these things to their peers.
- Help your child learn about setting boundaries. They don't have to answer every question someone asks them about their disability. Some information about their disability should be given on a need to know basis. Talk with them about who it is appropriate to say what things to about their disability. Help your child to understand that not giving information about their disability does not mean they are lying.
- Many people with disabilities find it useful to have a sense of humor about their disability.

Teasing

Talk with your child about teasing and develop with them things they can do when they are teased. Following are some ideas of what they could do if they are being teased.

- **Give information**—Sometimes when people tease about disabilities it is because they do not know anything about the disability, may feel uncomfortable and may not know how to act. It can be helpful to tell the teaser a little about the disability.
- **Ignore**—Sometimes people tease to try and get a reaction and if you act like you don't care, they may stop. Stay calm, taking a deep breath can help. Some things to do are shrug your shoulders, look away, act bored, say I don't care aloud or in your mind.
- **Broken record**—Say I really don't like it, or I want you to stop bugging me over and over.
- **Might**—After each thing the person says, respond by saying "You might be right."
- **Agree**—If the person is teasing about something that's true it can work to agree with them—showing them that it is no big deal.
- **Leave**—Sometimes the best solution is to just walk away.
- **Humor**—Use humor to make a joke out of the situation.
- **Ask for help**-- Ask for help if there is still a problem. You can tell a teacher, parent or other trusted adult. Tell the adult what the teaser did, what you tried and what the teaser did after that.

For further information or advocacy services, contact Arc Greater Twin Cities at 952-920-0855 or visit www.arcgreatertwincities.org. Tell us what you think about this Arc Guide. Please complete a short survey online at <http://arcgreatertwincities.org/resources.aspx>. Thank you!