

CHOOSE A RESPONSE



1. DO LITTLE OR NOTHING/IGNORE/SHIELD YOURSELF.
 - ✚ Don't REACT.
 - ✚ Don't LOOK at the person.
 - ✚ Don't LISTEN to the person.
 - ✚ Don't TALK to the person.

2. AGREE with the person (don't argue).
 - ✚ "I sure am."
 - ✚ "You are right."

3. Change the Subject.
 - ✚ Talk about something else.

4. Walk Away.
 - ✚ MOVE away from the person or situation.

5. Use Friendly Words.
 - ✚ Give an "I message."
 - ✚ Use your words to say how you feel, what they are doing and what you'd like them to do instead.
 - ✚ Be friendly -- say "please stop."

6. Get Adult Help.
 - ✚ Explain to a grown-up what happened and ask for help.

