

# THINK ABOUT WHY



## Awareness

Define, identify, and investigate the use of putdowns.

- WHY do I use putdowns?
- WHY do other people use putdowns?

**Stop and Think before responding to a putdown**

Anger, hurt, fear, jealousy, and ignorance are often underlying reasons for putdowns

A child may sense that a putdown was motivated by strong emotions, and the best response is to show empathy rather than trade insults.