

HOW TO DEAL WITH....

ANNOYANCE

- Ask yourself – is this really that important? Will this still matter tomorrow?
- Breathe slowly and deeply
- Control your need to react by focusing on one word ('calm') or peaceful image
- Don't lash out!
- Everyone has a right to be themselves, in their own way
- Find a way to ignore the behavior if you can
- Gently explain to the person what they are doing, why you find it frustrating and what you are asking them to do
- Hit upon a compromise
- Imagine yourself in the other person's shoes



CONFLICT

- Always respond when you are calm and know what you want to say
- Breathe slowly and deeply, count backwards from 10
- Control your frustration by focusing on one word ('calm') or peaceful image
- Don't try to solve with an 'audience' of peers
- Everyone has their own perspective – consider the other person's
- Focus on what you want to happen or change
- Gently and calmly explain what you felt, WHY, and what you wish had been different in a non-judgmental way.
- Hit upon a compromise

**Don't
react –
RESPOND!**

MEANNESS

- Always try not to REACT as this is what the instigator often wants – a reaction.
- Breathe deeply and steadily
- Count down from 10 or focus on a mantra/image to stay calm on the outside
- DON'T ENGAGE** – the instigator will usually only escalate the meanness, especially if s/he has an audience of peers they must play a 'role' in front of!
- Find a way to respond with humour and positives if you can to diffuse the situation
- Get out - leave the situation as soon as possible
- Hit a ball around, write, draw, visualize, 'vent' to an adult/friend... find a way to release your feelings in a positive, healthy way
- Imagine yourself in the other person's shoes - what may have motivated the instigator?
- Judgement usually doesn't work - **RESPOND** later in private or with a helpful adult to moderate. Decide and practice what you want to say. Make it clear the meanness wasn't ok with you in a calm, nonjudgmental way.

BULLYING

- In the moment – try not to react or engage. Stay calm on the outside by using calming techniques and leave the situation as soon as possible.
- Steer clear of the bully whenever you can.
- When you can't – stick up for yourself calmly and with humour if possible to let the bully know their behavior is not ok.
- Practise power poses – strong body language says a lot!
- This person is not acting like a friend so find people to hang out with who will. If someone isn't your friend all the time – they are not a good friend.
- Talk to an adult you trust. Just talking about what is going on will help! They can help you to identify, practice and perfect strategies for dealing with the bully. They can also help to get an adult involved who can intervene with the bully directly.

Remember – this is NOT your fault! The bully's behavior has much more to do with them than it does with you.

Be a CARE-stander not a by-stander!

- Most elementary school bullies can be 'defeated' through peer pressure
- The bully is often trying to entertain and maintain an 'audience' rather than specifically wound – bullying is about social power!
- When the audience has no interest or refuses to be entertained/amused – the bully has no reason to bully
- Just walking away and removing what the bully wants – attention – can be powerful

Ways to be a CAREstander:

Never join in **Don't stand and watch - walk away**
Stand up for the person being bullied – keep it short and calm
“That's not cool. Leave him/her alone.”

Get an adult to help or tell an adult later what is happening
Include the person being bullied in games and play – make friends!

TREAT Others
as YOU want

TO BE TREATED

With

Kindness

Respect

and