

'Three Stops' Problem-Solving

If someone is hurting you, either by their words or their actions, it is important to stand up for yourself, and let the other person know that you are being hurt.

1. STOP – I don't like that

Tell the person what the problem is, and that you want it to stop. Use an "I" statement if you can. In most instances, the other person doesn't even realize they have hurt you.

2. STOP – or I need to tell an adult

If the person doesn't listen to you, and continues to hurt you by their words or actions, you should walk away and get help.

3. You didn't STOP – now I will tell an adult

If you have tried to solve the problem in a calm, mature way, but it didn't work, it is your responsibility to bring it to an adult's attention. This will protect you, and maybe others, too.

We are here to help you. If you asked the other person twice very clearly to stop, and they haven't, it is not tattle-telling to go to an adult. The other person may not fully understand what the problem is, and adult intervention and assistance is needed. The key thing to remember is you are reporting a problem; you are not trying to get the other person in trouble. You are trying to protect yourself and others. You have a right to feel safe at school, and you have a responsibility to protect the safety of others. It's important to involve an adult when a problem persists because the other person needs to know that what they are doing is hurtful, and they may need support in being able to correct the problem.

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