



defender, defend, retaliate, deliberate, intentional, hurtful, power, balanced, imbalance, repeated, target, outsider, ringleader, reinforcers, BUSTER, resolve, sanction, consequence, support, conflict, relational

To resolve: **WHAT...? HOW?**

- What happened?
- What were you thinking at the time?
- What have your thoughts been since?
- How did you feel at the time?
- How do you feel now about what's happened?
- Who's been affected by what happened, and how?
- What needs to happen to make things right?



Avoid **WHY** questions

Name it, to tame it!

Model and teach:

I feel _____
when you _____
because _____

To instruct calmly: 'I...' statements:

- I'd like you to... thank you
- I need you to... thank you.
- I appreciate it when you... thank you.
- I like it when you... thank you.
- I am grateful when you... thank you.
- I feel happy when you.... thank you.
- I have asked you to.... thank you.

B	Befriend the target.
U	Use diversions.
S	Speak up. Stand up.
T	Tell or text for help.
E	Exit to avoid audience.
R	Reason. Provide a remedy.

retaliate = make an **attack** in return for a similar attack.

Vs

defend = resist an attack made on someone; protect from harm or danger.

- Block = defending
- Talk: "You've upset me" = defending
- Tell/report = defending
- Distraction = defending
- Help someone = defending
- Kindness = defending
- Say "No, stop it" = defending
- Kind confidence "Yes. This is me. " = defending
- Seek safety = defending
- Move away = defending
- Move to calm = defending



Retaliation is not defence.
It is like creating your own revenge or punishment = committing an equal crime.

Two wrongs, don't make a right.

**We are learning.
Let us help you.**