

SKILLS FOR HANDLING NAME CALLING AND TEASING

Put-downs – No Problem!

1. Keep a pleasant face
2. Take a deep breath to get calm
3. Say “I don’t like it when you speak to me that way”
4. Look away or walk away if you can
5. Use positive self talk (I’m calm and I can ignore this)

or in other words
use your

WITS

W Walk Away

I Ignore It

T Talk To Someone

S Statement - make an “I” statement