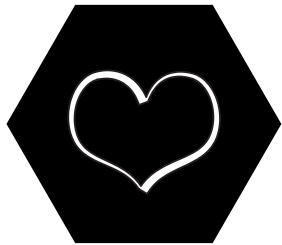


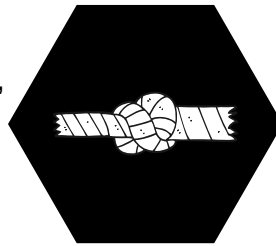
# TOP 10 TIPS .....

## For De-escalation



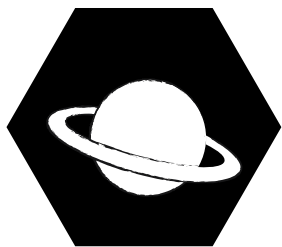
### 01 Be Empathic

Be supportive, be empathetic, and try to help them through this. Perception is reality.



### 06 Ignore

If a student is trying to engage in a power struggle, ignore the challenge but not the person. (Put down the rope!)



### 02 Give Space

Stand 1.5 to 3 feet away. If you have to move closer, explain your actions.



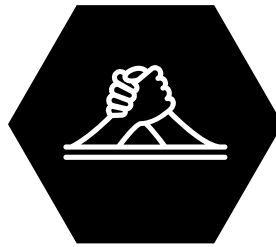
### 07 Set Limits

Set a very simple and clear expectation and stick to it!



### 03 Stay Calm

Keep your gestures, expressions, movements, and tone nonthreatening.



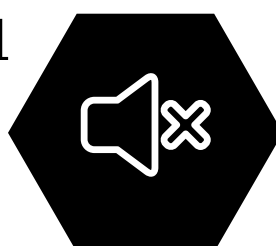
### 08 Pick Battles

Only insist on the things that really matter. When it does matter, follow through!



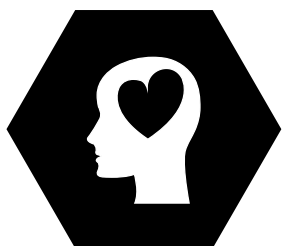
### 04 Stay Rational

"I can handle this." and "I know what to do." will help you stay positive.



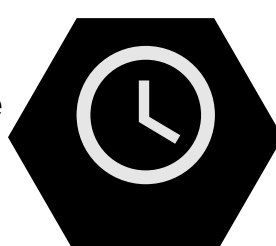
### 09 Allow Silence

Silence can give someone a chance to process and reflect.



### 05 Feelings

Listen to their feelings. Figure out what it is they need from the situation and help them meet that need.



### 10 Allow Time

Give a person who is upset time to process and think about what you've said. Don't overwhelm them with prompts.