

What can you do when another child does or says something to you that you do not like?

1. Tell them to stop and that you do not like it.
2. Take a minute to check how you feel and what to say (breathe!)
3. Try to sort it out by explaining:

'I didn't like it when ...

It made me feel ...

I would prefer it if ...'

4. This is putting in a boundary, so you know what to expect. A boundary makes us feel safe and it is important to tell others what that boundary is, so they know and respect it. **(Is it ok or not ok?)**
5. If they will not listen, walk away and try again later that day.
6. You may want to ask an adult to help.
7. You may help someone else because you see it happening.
8. If the other child keeps repeating what you do not like, tell an adult.

What if you are the child being told?

You need to listen carefully and respond to show you understand

'I heard that you didn't like....

It made me feel...

I am sorry...'

Do this and we will grow to have healthy friendships.