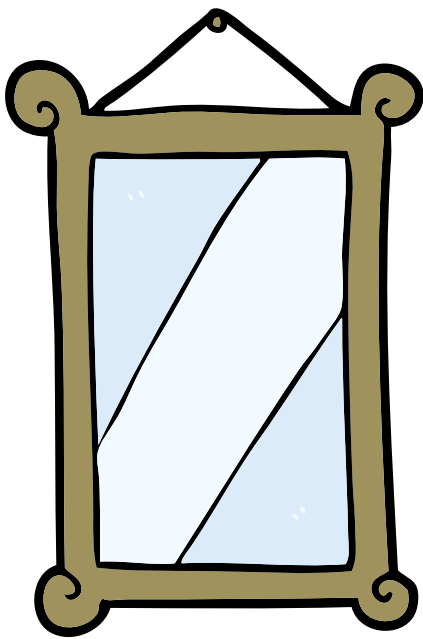


Calming

Do your friends sometimes do or say things that make you feel uncomfortable? Maybe they say unkind things to other classmates. Or maybe they take the seat you were saving for someone and won't move when you ask them.

Do you feel like you should speak up about it, but are afraid? Here are some steps to take to help you speak up.



- If this is the case decide what you would like to say to that person.
- Write it down.
- Practice saying it in front of a mirror.
- Or, practice saying it with your parent or another person you trust.
- Keep practicing until you feel like you can say it to that person. You will feel better if you can stand up for yourself and what you believe.
- Now go stand up for yourself!

1. Decide what you want to change and believe in your rights. (For example: A friend is always telling you what to do.)
2. Describe to the other person involved, the situation as you see it. Be specific. ("You're always bossing me.")
3. Describe why you feel as you do using an "I" statement. Be firm, strong, look at the person and be sure of yourself. ("I feel irritated because I can take care of myself.")
4. Describe changes you'd like made. Be specific about what actions should stop and what should start. Be reasonable and willing to make changes in return. ("I want you to stop always telling me what to do, and instead, ask me what I'd like to do.")

Record your reflections and evidence of impact in  within Sponge Elephant