

Teaching Values of Being Human

The ART of developing healthy communication patterns

Decide and justify cards

An assertive way to solve a problem



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A possible assertive way to solve a problem

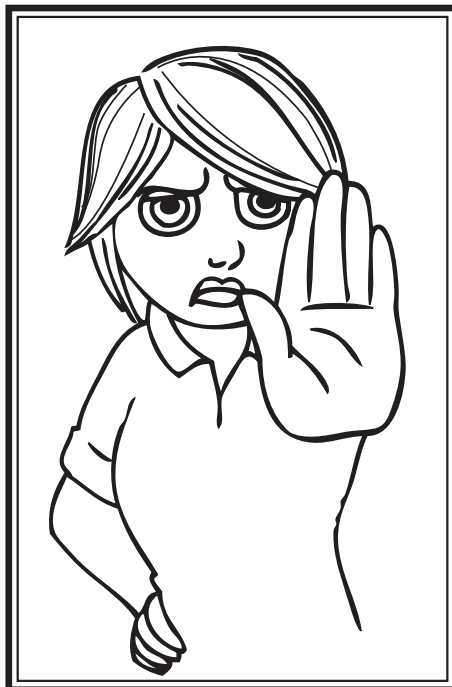


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A poor or damaging way to solve a problem



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You deal with a tricky situation by...

... quietly moving away and privately seek help from a teacher,
a parent or trustworthy adult.



You deal with a tricky situation by...

... by turning to a person who's being annoying and
confidently saying, "Hey, just stop it."



You deal with a tricky situation by...

... by turning to a person who's being annoying and hesitantly
saying, "I don't like it when you do that.
It upsets me. Please stop it?"



You deal with a tricky situation by...

... twirling around three times, make a wild squawking sound
and run away flapping your arms like a crazy bird.



You deal with a tricky situation by...

... moving closer, look at them and say, "You okay? If you want
to talk, I'm here for you."



You deal with a tricky situation by...

... going home. Getting dramatically upset, and insist your
parents contact the school and fix it for you.



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You deal with a tricky situation by...

... politely ignoring this person. Later, you talk to an older friend to offload, but insist they do not do anything about it.



You deal with a tricky situation by...

... posting something mean about them on social media to pay them back.



You deal with a tricky situation by...

... wiggling your hips and doing a little dance. Then, you stick your face into their face say, "You're nothing!"



You deal with a tricky situation by...

... saying, "Go kill yourself!"



You deal with a tricky situation by...

... saying, "I'd like to talk about this later. I need some time to think."
And then, move away.



You deal with a tricky situation by...

... shrugging and saying, "Dunno what you've got against me.
I think you're okay."



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You deal with a tricky situation by...

... looking them in the eye and saying, "We can agree to disagree. I'm okay with that. How about you?" Then you smile!



You deal with a tricky situation by...

... confidently speaking up. You say, "Hey, just stop it. There's no need for that!" Then, you turn away and talk to a friend.



You deal with a tricky situation by...

... spreading lies about a person you don't like and who has run out of chances with you.



You deal with a tricky situation by...

... chatting quietly with a friend to get their opinion and some wise advice.



You deal with a tricky situation by...

... finding a teacher and demand they fix a problem for you because you have a right to be safe at school.



You deal with a tricky situation by...

... being kind to someone who isn't easy to like.



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You deal with a tricky situation by...

... grabbing someone you don't like, push them to the ground
and stomp on their hand.



You deal with a tricky situation by...

... screaming in the face of someone who is always irritating
and always needs help from everyone.



You deal with a tricky situation by...

... smiling and saying, "You do have a point. Can you give me
some time to think about it?"



You deal with a tricky situation by...

... smiling and saying, "I understand you might have a
point, but I'm done with it."



You deal with a tricky situation by...

... saying, "You've got no idea, stupid. Your stupidity irritates
me and everyone, and you ought to know it!"



You deal with a tricky situation by...

... ignoring someone who is loud and is winding the teacher
up in class. You focus on your work.



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You deal with a tricky situation by...

... stepping into their personal space, holding your ground and stare them down.



You deal with a tricky situation by...

... rolling your eyes, shrugging your shoulders and walking away.



You deal with a tricky situation by...

... calmly saying, "I understand that's what you think, but that's not working for me."



You deal with a tricky situation by...

... telling your friends that it's best if you kill yourself.



You deal with a tricky situation by...

... refusing to return to school until you feel safe.



You deal with a tricky situation by...

... seeking advice from your online friends.



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You deal with a tricky situation by...

... running away from school to make a point to everyone.



You deal with a tricky situation by...

... swinging around and lightly punching back someone who just punched you. As you do it you say, "Dumb move!"

