

HANDLE CONFLICT

★ Use IMATT! ★

I

IGNORE

Ignore the problem behavior.



Sometimes people are just trying to get a reaction. Don't give them one.

M

MOVE AWAY

Move away from the situation.



Give yourself space and help stop the conflict from getting bigger.

A

ASK TO STOP

Calmly ask the person to stop.



Use a calm and respectful voice.

T

TELL TO STOP

Clearly tell the person to stop.



Be confident and firm. It's okay to stand up for yourself.

T

TELL A TEACHER

Tell a teacher or other adult you trust.



Adults can help keep you and others safe.

★ Be Respectful. Be Safe. Be Kind. ★