S	O	B	E	R
Understand the situation	Are you being fair?	Don't make things worse!	Take time to calm down	Practice Pause
Don't gang up with others	Try to think of a solution together	See the other persons point of view	Ask for someone else to help	Try seeing the good in people
Work Together	Be honest	**FREE**	Say how you feel	No screaming or kicking or fighting
Don't blame anyone	No telling of secrets	Talking can lead to a solution	Perhaps share progress with someone else	Stick to the agreement
Treat people fairly	No insults	Listen to the other person	Remember who can help you in school	Breathe

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S	O	B	E	R
Say how you feel	Practice Pause	Be honest	Try seeing the good in people	Breathe
Talking can lead to a solution	No screaming or kicking or fighting	No telling of secrets	Try to think of a solution together	Ask for someone else to help
Work Together	Take time to calm down	**FREE**	Remember who can help you in school	Don't gang up with others
Don't make things worse!	See the other persons point of view	Treat people fairly	Don't blame anyone	Stick to the agreement
Are you being fair?	Understand the situation	Work out what each of you will do	Don't interrupt	Listen to the other person

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S	O	B	E	R
Say how you feel	Don't gang up with others	Stick to the agreement	Don't interrupt	Ask for someone else to help
Are you being fair?	Work out what each of you will do	Don't make things worse!	Work Together	Don't blame anyone
Try to think of a solution together	Treat people fairly	**FREE**	Perhaps share progress with someone else	Take time to calm down
Breathe	Remember who can help you in school	No telling of secrets	No screaming or kicking or fighting	Be honest
Try seeing the good in people	Practice Pause	Listen to the other person	See the other persons point of view	Understand the situation

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