

FOR MANAGING DIFFICULT SITUATIONS

DIRECT:

Take action regarding the situation; say something.

DISTRACT:

Draw attention away from the conflict; change the context.

DE-ESCALATE:

Lessen the tension in the situation.

DEPART:

Respectfully exit the situation.

DELEGATE:

Ask for support. Consider your resources. Who can help?

DOCUMENT:

Document what you witnessed or experienced; report as necessary.



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Adapted from Edwards, D. (2009). Green Dot Curriculum. https://alteristic.org/