



WHEN KIDS HURT KIDS

DEFUSING WITH DIGNITY



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WHEN KIDS HURT KIDS

**NO ONE CAN MAKE YOU FEEL BAD
WITHOUT YOUR PERMISSION**

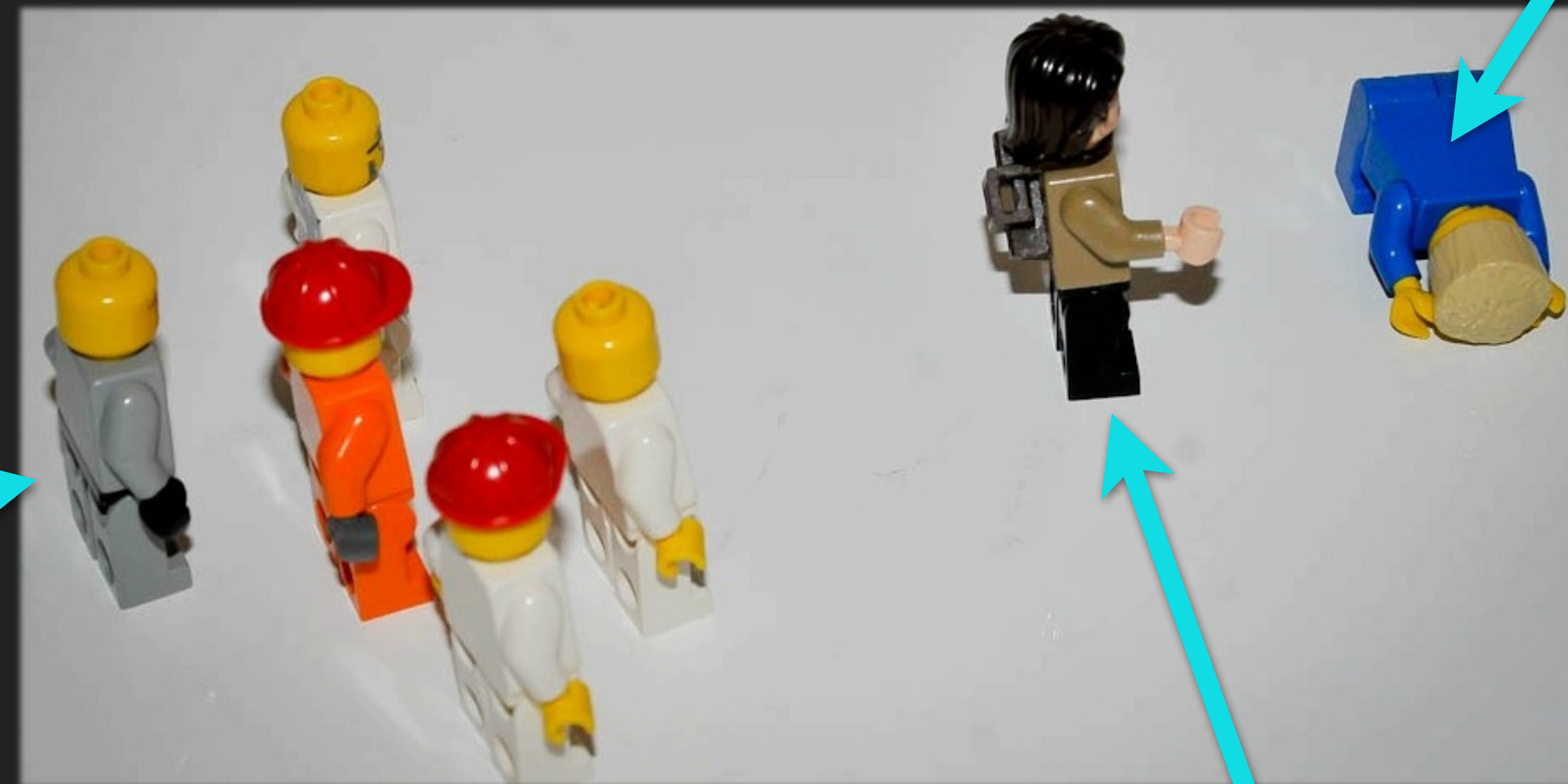
~ Eleanor Roosevelt



RELATIONAL AGGRESSION ROLES

TARGET:

The **target** is the person the offender wants to hurt



BYSTANDER(S):

The **bystander** is anyone who sees the hurtful action

OFFENDER:

The **offender** is the person who hurts another's feelings on purpose



KEY TERMS

- ▶ **ASSUMPTION:**

- ▶ *believing something is true when you don't really know*

- ▶ **DEFUSE:**

- ▶ *to make smaller (when you defuse a problem, you make the problem smaller)*

- ▶ **DIGNITY:**

- ▶ *self-respect*

- ▶ **ESCALATE:**

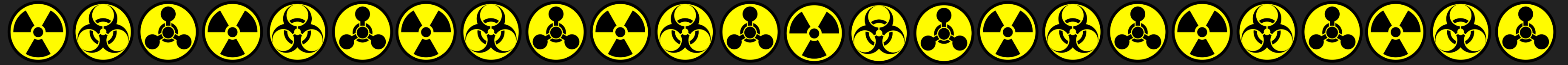
- ▶ *to make bigger (when you get revenge, you make the problem bigger)*

- ▶ **FRIENDSHIP WEAPON:**

- ▶ *word or actions that are mean/hurtful*

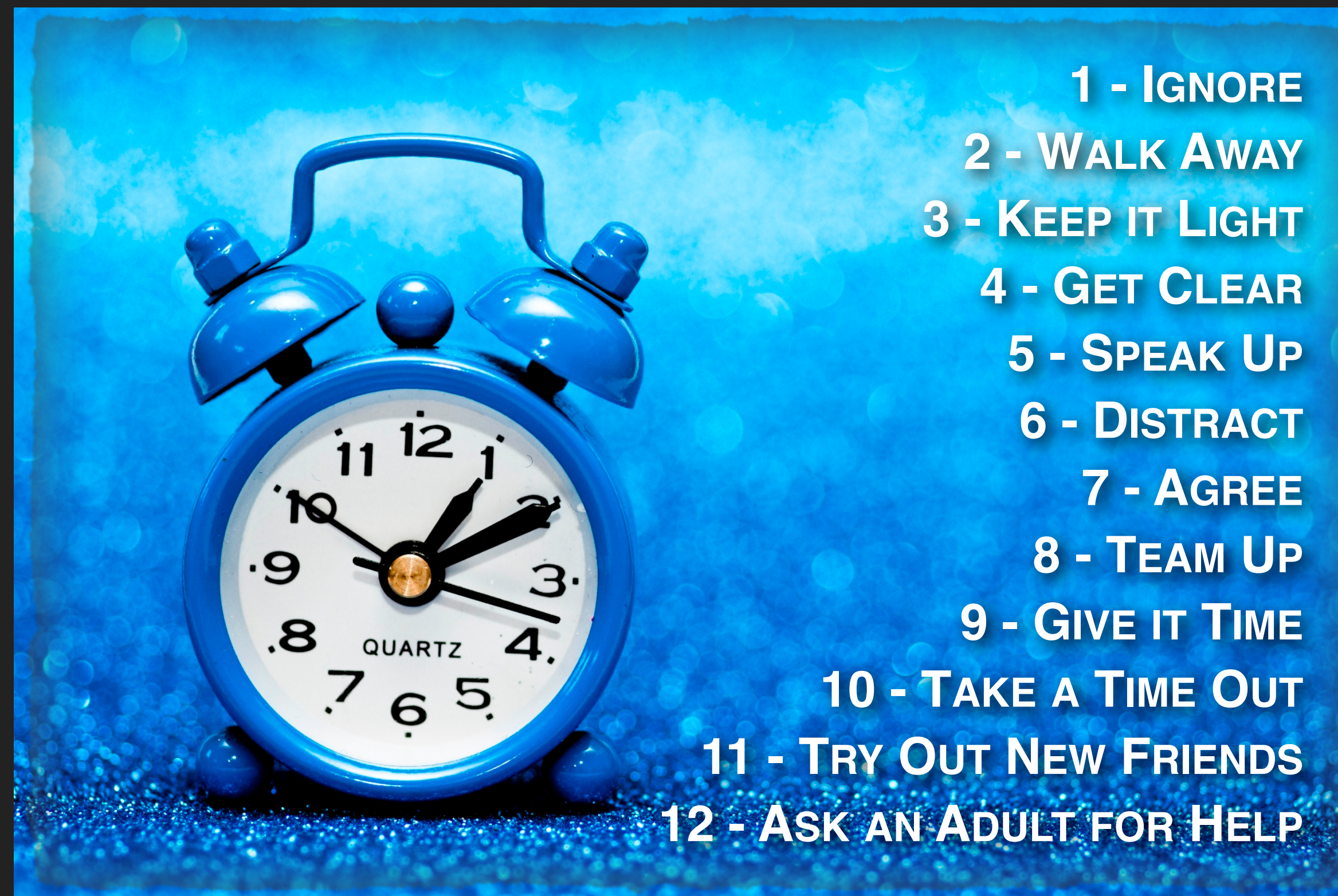
- ▶ **PERSONAL POWER:**

- ▶ *the know-how to understand and trust the **HELP** your gut or heart is giving you*



WHAT TO DO: IT'S TIME TO CHOOSE

ANY TIME YOU ARE BEING HURT IN A FRIENDSHIP, YOU ALWAYS HAVE A CHOICE. REMEMBER THAT. HERE ARE SOME GREAT CHOICES TO HELP YOU DEAL WITH OTHERS WHO ARE HURTING YOUR FEELINGS:



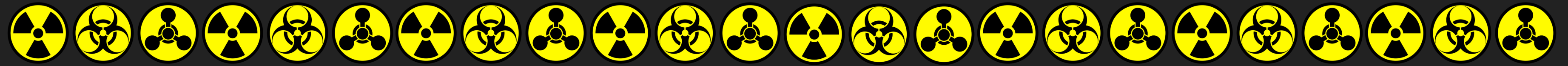
A FINAL CHOICE: SAY GOODBYE

SOME FRIENDSHIPS CANNOT BE SAVED. THERE MAY COME A TIME WHEN YOU DECIDE A FRIENDSHIP IS NOT WORTH YOUR TIME OR ENERGY.



WHEN CONFRONTING OTHERS, ALWAYS CONSIDER...

- ▶ **BODY LANGUAGE:**
 - ▶ *What message is your body giving?*
- ▶ **VOICE TONE:**
 - ▶ *What message is your voice giving?*
- ▶ **TIMING:**
 - ▶ *Is it the best time?*
- ▶ **PLACE:**
 - ▶ *Is it the best place?*
- ▶ **AUDIENCE:**
 - ▶ *Who else is around?*
- ▶ **INTENT:**
 - ▶ *Are you really trying to make things better?*



THE BIGGEST AND MOST COMMON FRIENDSHIP MISTAKES...

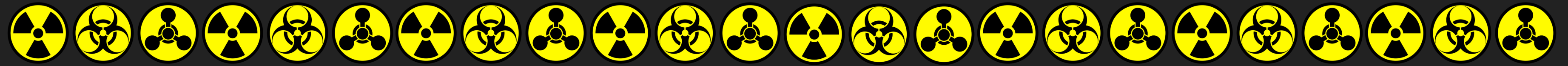
- ▶ **RESPOND WITH SARCASM (SAYING ONE THING, YET MEANING ANOTHER)**
- ▶ **SHOW NEGATIVE ATTITUDE WITH YOUR BODY LANGUAGE OR TONE OF VOICE**
- ▶ **THINK YOU KNOW WHAT OTHERS ARE THINKING**
- ▶ **ALLOW YOURSELF TO GET DRAWN INTO THE DRAMA**
- ▶ **SEEK REVENGE (TRYING TO GET EVEN)**
- ▶ **THINKING MORE ABOUT YOURSELF AND WHAT YOU WANT**

The choice is always yours!



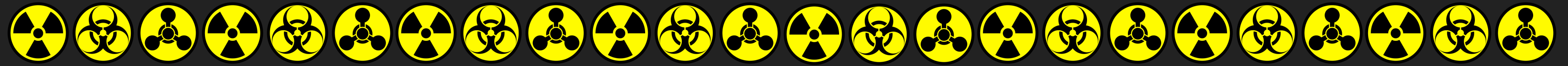
DEFUSING WITH DIGNITY

FRIENDSHIP WEAPONS



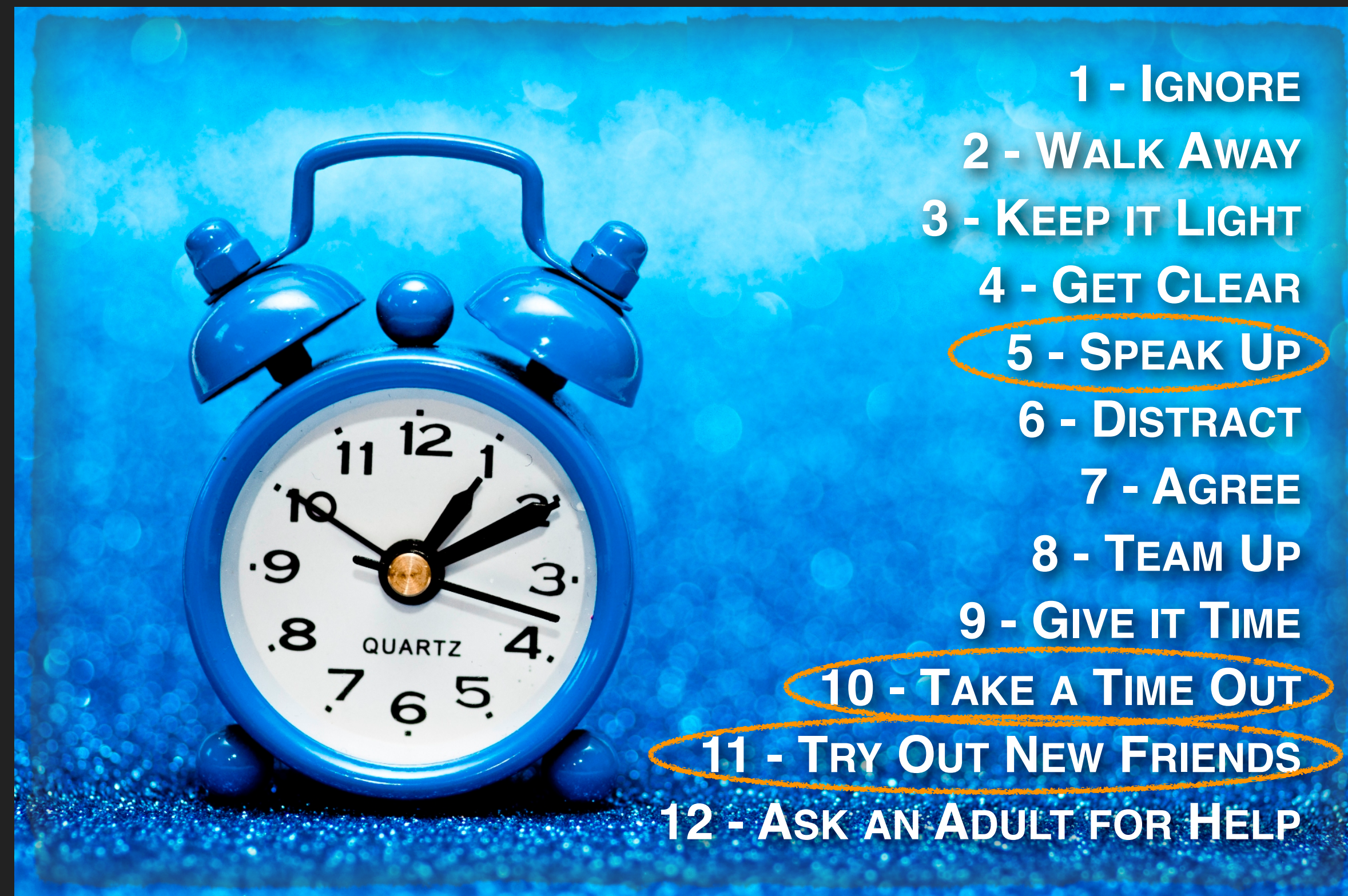
FRIENDSHIP WEAPON: BAD MEMORY

- ▶ **A pattern of forgetting on purpose by playing dumb**
 - ▶ **What does it SOUND like?**
 - ▶ **“I don’t remember saying that?”**
 - ▶ **“What? What are you talking about?”**



FRIENDSHIP WEAPON: BAD MEMORY

IT'S TIME TO CHOOSE A RESPONSE



- 1 - IGNORE
- 2 - WALK AWAY
- 3 - KEEP IT LIGHT
- 4 - GET CLEAR
- 5 - SPEAK UP
- 6 - DISTRACT
- 7 - AGREE
- 8 - TEAM UP
- 9 - GIVE IT TIME
- 10 - TAKE A TIME OUT
- 11 - TRY OUT NEW FRIENDS
- 12 - ASK AN ADULT FOR HELP

WHAT YOU CAN SAY USING I-MESSAGES

FRIEND TO FRIEND:

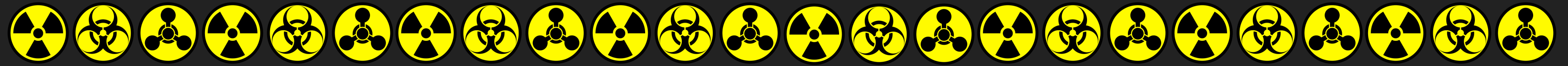
"I FEEL BAD WHEN YOU SAY THAT YOU FORGET WHAT YOU DID OR SAID.
WHEN WE HAVE PROBLEMS, I WANT YOU TO TAKE
RESPONSIBILITY FOR YOUR PART.
WE CAN SOLVE THE PROBLEM MORE QUICKLY THAT WAY."

WHAT A HE/SHE MIGHT SAY BACK:

"WHAT DO YOU MEAN?" OR "HUH?" OR "WHAT?"

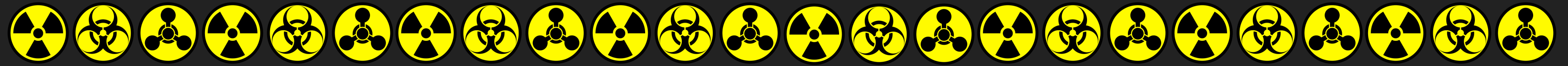
AND YOU CAN KINDLY SAY:

"IT SEEMS LIKE YOU'RE HAVING A CASE OF BAD MEMORY RIGHT NOW.
THAT'S WHAT I'M TALKING ABOUT."



FRIENDSHIP WEAPON: EXCLUSION

- ▶ **Leaving or keeping someone out of an activity**
 - ▶ **What does it SOUND like?**
 - ▶ **"There are already enough players in our game."**
 - ▶ **"My mom said I can only invite 4 friends to the party."**
 - ▶ **"There's no room at this table."**



FRIENDSHIP WEAPON: EXCLUSION

IT'S TIME TO CHOOSE A RESPONSE



WHAT YOU CAN SAY USING I-MESSAGES

FRIEND TO FRIEND:

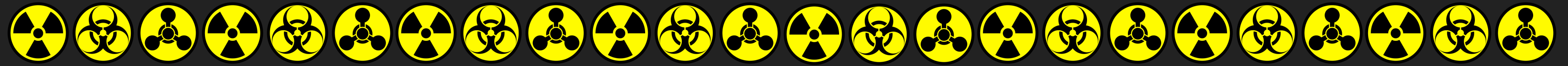
"I FEEL BAD WHEN YOU WON'T LET ME PLAY,
BECAUSE I WANT TO BE PART OF THE GAME.
I WOULD LIKE TO BE INCLUDED."

WHAT A HE/SHE MIGHT SAY BACK:

"WE LET YOU PLAY!"

AND YOU CAN KINDLY SAY:

"IT DIDN'T SEEM LIKE IT TO ME.
I WANT TO FEEL LIKE I'M WELCOME."



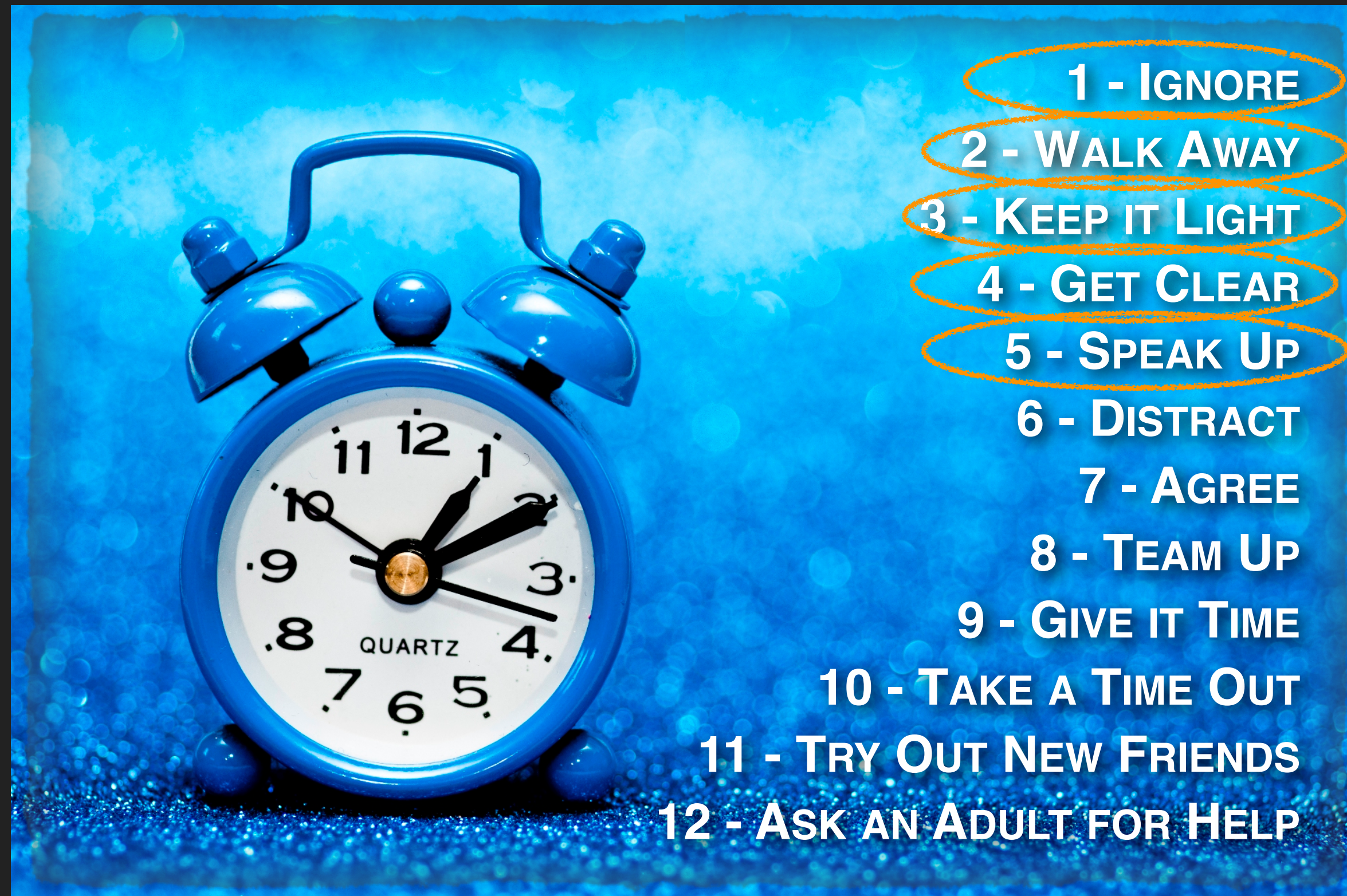
FRIENDSHIP WEAPON: GESTURES

- ▶ **Using body language to make another person feel uncomfortable**
 - ▶ **What does it LOOK like?**
 - ▶ **Rolling of the eyes**
 - ▶ **Arms folded across the chest**
 - ▶ **Staring or glaring, making mean faces, etc.**



FRIENDSHIP WEAPON: GESTURES

IT'S TIME TO CHOOSE A RESPONSE



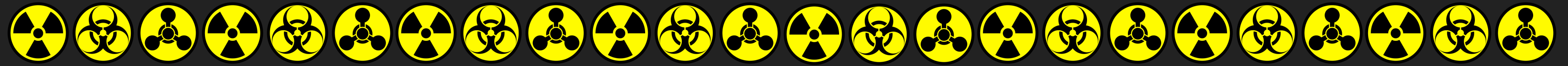
WHAT YOU CAN SAY USING I-MESSAGES

FRIEND TO FRIEND:

"I FEEL BAD WHEN YOU _____ (NAME OF GESTURE).
I DON'T KNOW WHAT YOU'RE TRYING TO TELL ME.
I'D LIKE YOU TO USE WORDS TO TELL ME WHAT IT MEANS."

WHAT A HE/SHE MIGHT SAY BACK:
"YOU KNOW."

AND YOU CAN KINDLY SAY:
"NO, I DON'T KNOW. AND I WANT YOU TO TELL ME WITH WORDS."



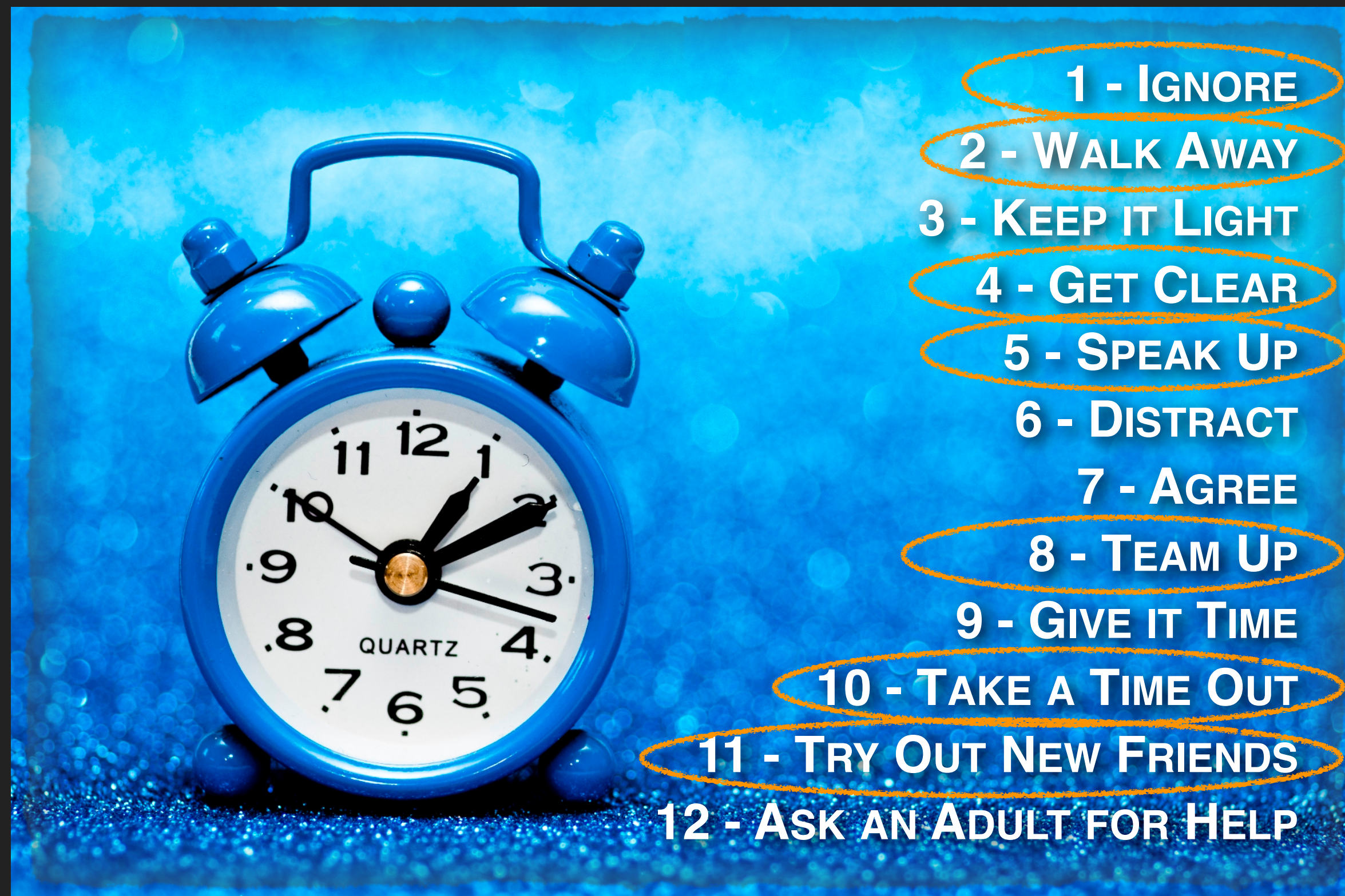
FRIENDSHIP WEAPON: GOSSIP

- ▶ **Information about someone repeated and passed on (to hurt)**
 - ▶ **What does it SOUND like?**
 - ▶ **“Did you see how John wiped out during recess?”**
 - ▶ **What does it LOOK like?**
 - ▶ **Whispering in ears and often looking at the target, students huddled together to keep another person out, etc.**



FRIENDSHIP WEAPON: GOSSIP

IT'S TIME TO CHOOSE A RESPONSE



WHAT YOU CAN SAY USING I-MESSAGES

FRIEND TO FRIEND:

"I FEEL BAD WHEN YOU SPREAD GOSSIP ABOUT ME. I WANT YOU TO STOP."

OR

"I FEEL BAD WHEN IT LOOKS LIKE YOU ARE TELLING SECRETS ABOUT ME,
BECAUSE I DON'T KNOW WHAT IS GOING ON.

I WOULD LIKE YOU TO STOP WHISPERING RIGHT IN FRONT OF ME."

WHAT A HE/SHE MIGHT SAY BACK:

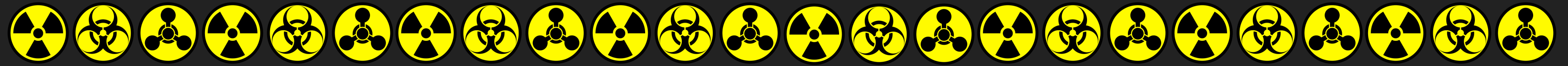
"WHAT DO YOU MEAN? I DIDN'T SAY ANYTHING ABOUT YOU."

AND YOU CAN KINDLY SAY:

"I'M GLAD TO HEAR THAT. I JUST WANTED YOU TO KNOW HOW I FEEL
ABOUT PEOPLE SPREADING GOSSIP ABOUT ME."

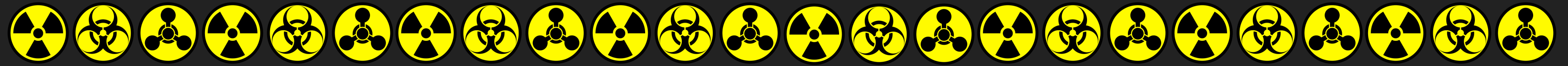
OR

"WELL, IT LOOKS LIKE YOU ARE TELLING SECRETS WHEN YOU WHISPER
AND LOOK AT ME. I WOULD LIKE YOU TO STOP."



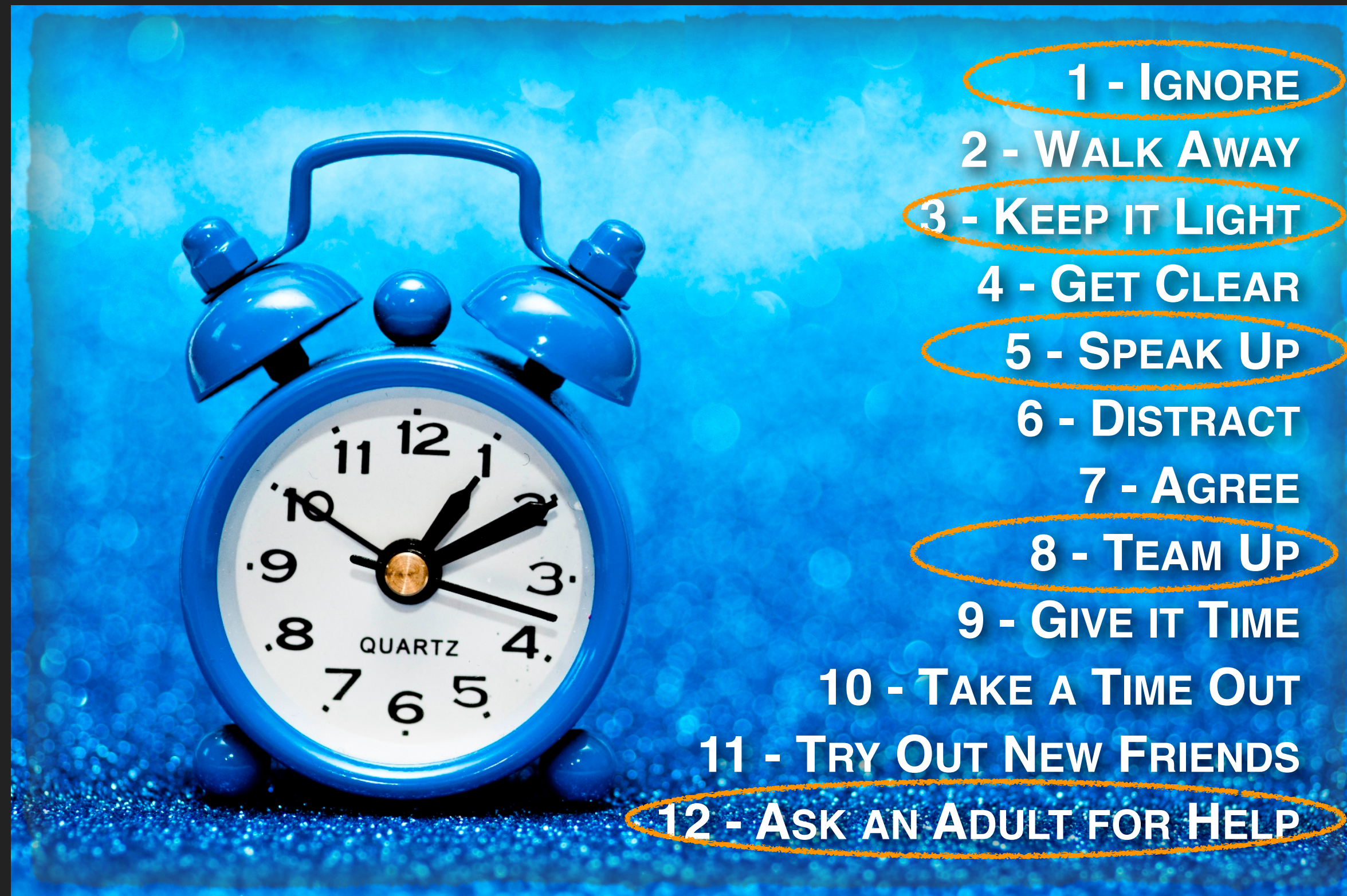
FRIENDSHIP WEAPON: INTIMIDATION

- ▶ **Tying to make another person feel worried or scared**
 - ▶ **What does it LOOK like?**
 - ▶ **Standing in a group in front of a student's locker so he/she can't get in**
 - ▶ **A group of students walking shoulder to shoulder so another student can't pass**
 - ▶ **Bumping into someone's table every time he/she passes by**



FRIENDSHIP WEAPON: INTIMIDATION

IT'S TIME TO CHOOSE A RESPONSE



WHAT YOU CAN SAY USING I-MESSAGES

FRIEND TO FRIEND:

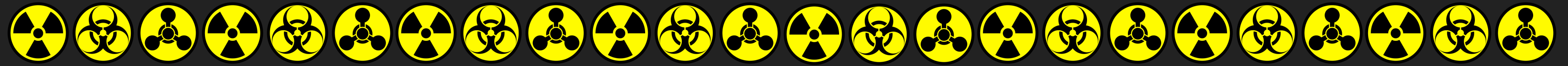
"I FEEL BAD WHEN YOU _____ (NAME THE INTIMIDATION BEHAVIOR).
I'D LIKE YOU TO STOP."

WHAT A HE/SHE MIGHT SAY BACK:

"WHAT DO YOU MEAN? YOU'RE IMAGINING THINGS."

AND YOU CAN KINDLY SAY:

"I KNOW WHAT YOU ARE DOING, AND I WANT YOU TO STOP."



FRIENDSHIP WEAPON: LYING

- ▶ **Not telling the truth**
 - ▶ **What does it SOUND like?**
 - ▶ **"What?"**
 - ▶ **"Huh?"**
 - ▶ **"I did not! You're lying."**
 - ▶ **"I forgot to invite you."**

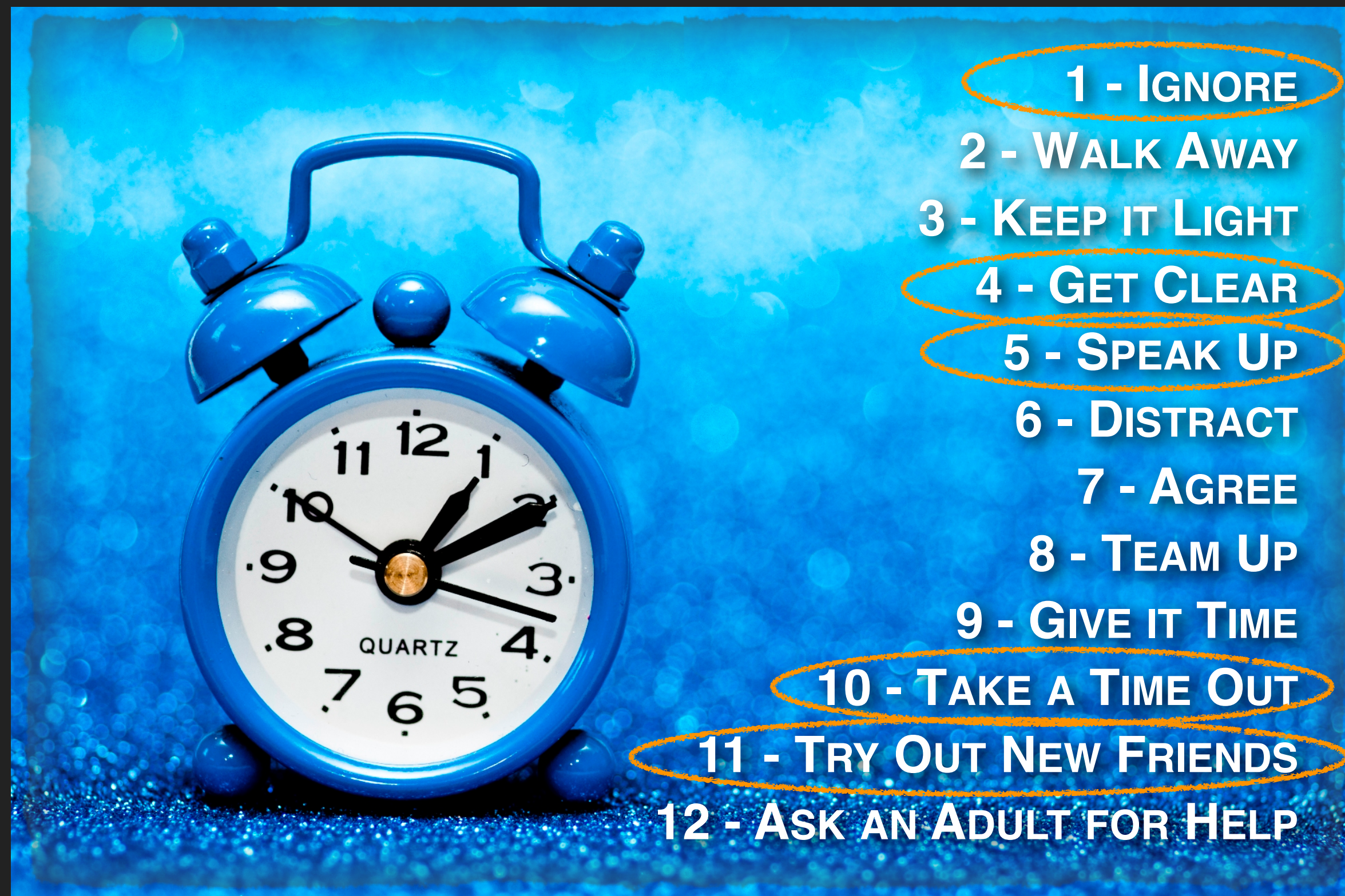
SPEAK UP!

- 1. That is hurtful.*
- 2. I wouldn't want someone to do that to you.*
- 3. It's not okay to treat others that way.*
- 4. We don't do that here.*
- 5. That needs to stop.*



FRIENDSHIP WEAPON: LYING

IT'S TIME TO CHOOSE A RESPONSE



WHAT YOU CAN SAY USING I-MESSAGES

FRIEND TO FRIEND:

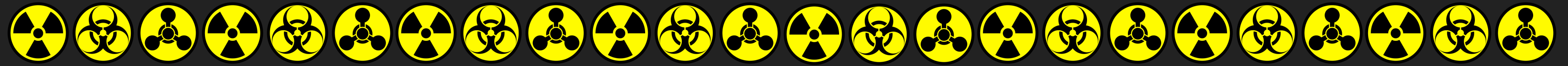
"I FEEL BAD WHEN YOU AREN'T HONEST WITH ME, BECAUSE I AM UNSURE ABOUT OUR FRIENDSHIP. I WOULD LIKE YOU TO STOP LYING."

WHAT A HE/SHE MIGHT SAY BACK:

"WHAT DID I LIE ABOUT?"

AND YOU CAN KINDLY SAY:

"YOU SAID _____ (REPEAT THE LIE). AND THAT'S NOT TRUE. I WANT YOU TO STOP LYING."



FRIENDSHIP WEAPON: MANIPULATION

- ▶ **Controlling situations or others in order to have things turn out the way you want them to**
 - ▶ **What does it SOUND like?**
 - ▶ **"Kayla said she doesn't like you, but don't tell her I told you."**
 - ▶ **"George said bad things about you. Don't invite him to your party."**
 - ▶ **"Let's not play with Lisa at recess. She's playing with Jane."**
 - ▶ **What does it LOOK like?**
 - ▶ **Someone sulking, pretending to be depressed and acting like he/she wants to be alone. This person is creating a pity party and wants everyone to come up and ask what's wrong.**



FRIENDSHIP WEAPON: MANIPULATION

WHAT YOU CAN SAY USING I-MESSAGES

IT'S TIME TO CHOOSE A RESPONSE



FRIEND TO FRIEND:

"I FEEL BAD WHEN YOU TRY TO GET ME TO DO WHAT YOU WANT BY LYING TO ME. I WANT YOU TO BE HONEST WITH ME."

WHAT A HE/SHE MIGHT SAY BACK:

"I'M JUST TRYING TO HELP YOU. I THOUGHT YOU'D WANT TO KNOW."

OR

"I DIDN'T WANT YOU TO GET HURT. BUT THEY'RE BEING MEAN TO YOU."

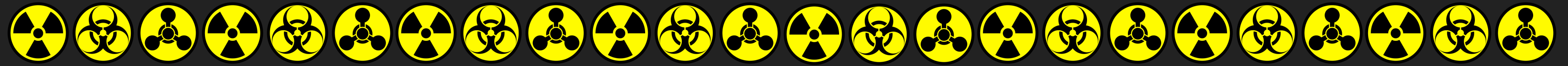
AND YOU CAN KINDLY SAY:

"IT HURTS MY FEELINGS TO HEAR ABOUT IT.
PLEASE DON'T TELL ME _____."

OR

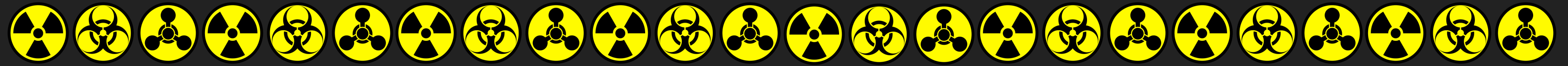
"NO THANKS.

I'M GOING TO MAKE A BETTER CHOICE BY _____."



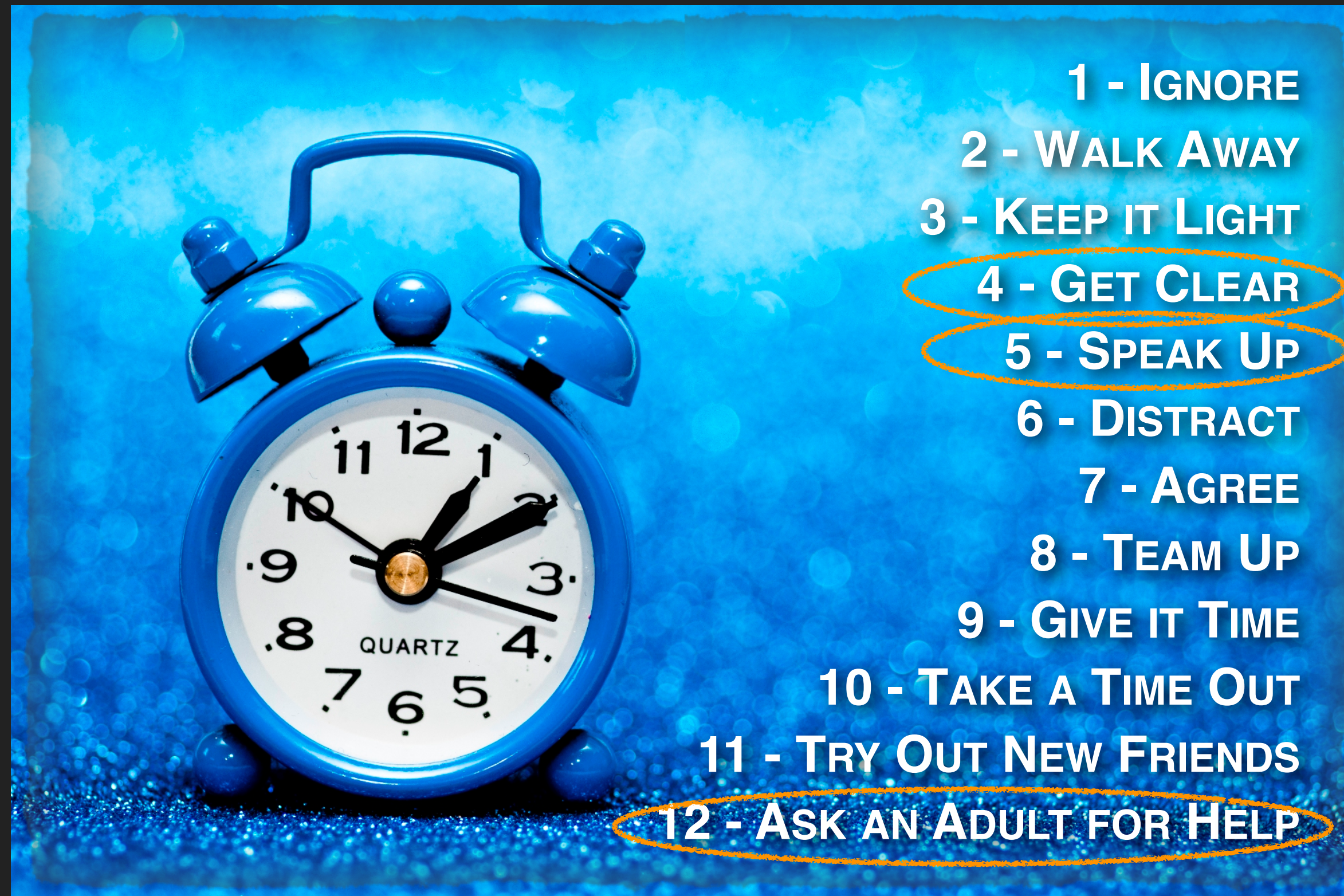
FRIENDSHIP WEAPON: CYBER-BULLYING

- ▶ **Using the Internet or other technology to hurt someone else**
- ▶ **What does it LOOK like?**
 - ▶ **Sending hurtful messages to or about someone via social media, email, text messages, etc.**



FRIENDSHIP WEAPON: CYBER-BULLYING

IT'S TIME TO CHOOSE A RESPONSE



WHAT YOU CAN SAY USING I-MESSAGES

FRIEND TO FRIEND:

"I DIDN'T UNDERSTAND YOUR TEXT MESSAGE LAST NIGHT.
WHAT DID YOU MEAN?"

OR

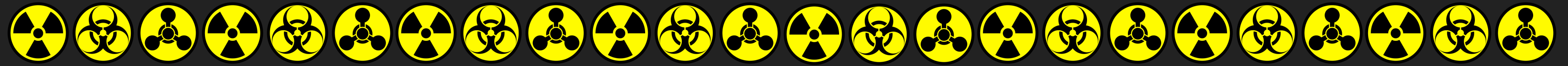
"I DON'T LIKE WHAT YOU SAID ONLINE LAST NIGHT.
IF YOU HAVE SOMETHING TO SAY TO ME,
I WANT YOU TO SAY IT WHEN WE'RE TOGETHER."

WHAT A HE/SHE MIGHT SAY BACK:

"IT WASN'T ME. IT MUST HAVE BEEN SOMEONE ELSE USING MY PASSWORD."

AND YOU CAN KINDLY SAY:

"IF THAT'S HAPPENING, IT'S NOT SAFE FOR EITHER OF US. I'LL HAVE TO
BLOCK YOUR ACCOUNT FROM NOW ON."



FRIENDSHIP WEAPON: NAME-CALLING

▶ Calling others a name for the purpose of hurting them

▶ What does it **SOUND** like?

▶ "Loser."

▶ "Dork."

▶ "Idiot."

▶ "Wimp."

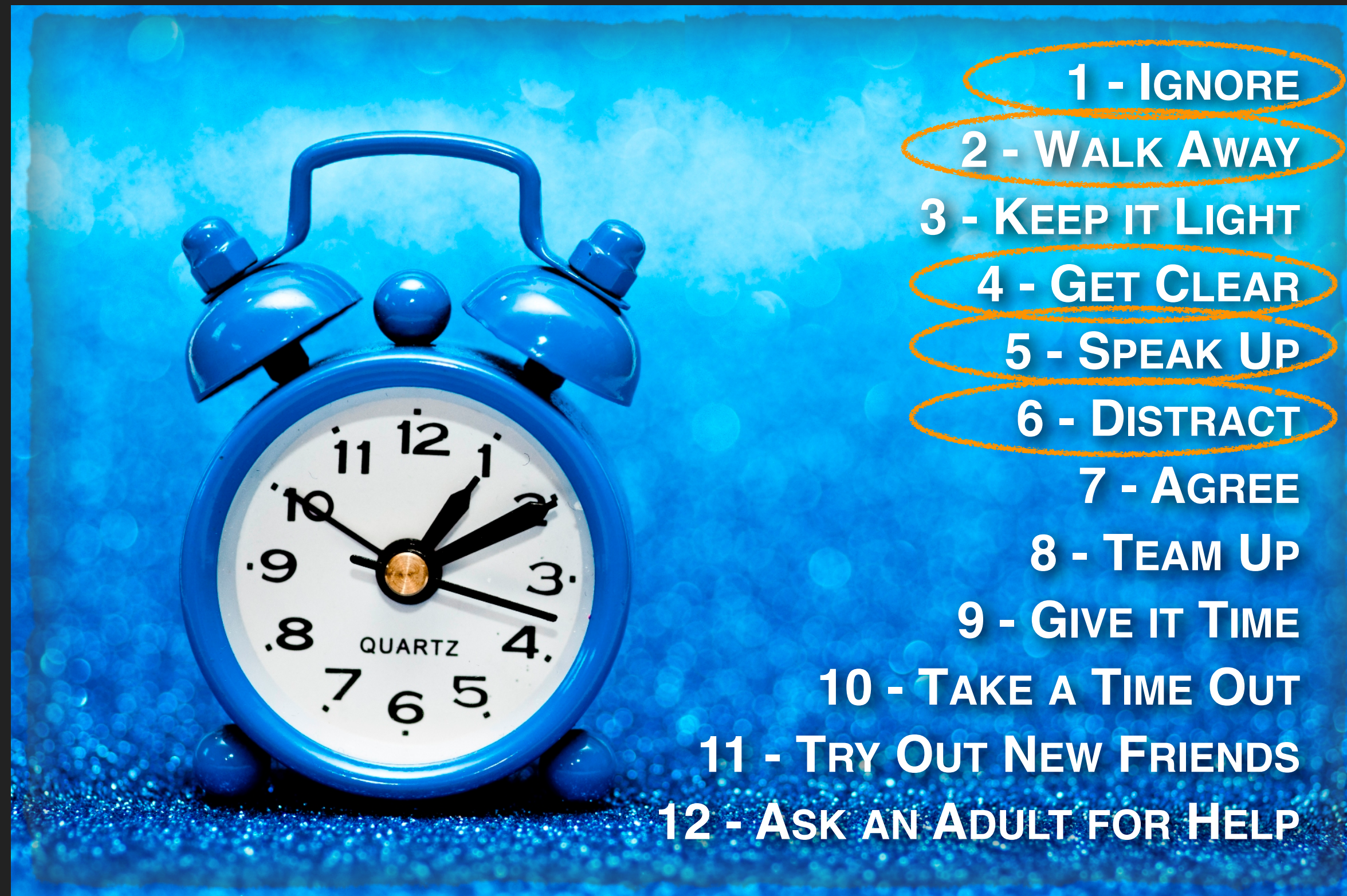
SPEAK UP!

- 1. That is hurtful.*
- 2. I wouldn't want someone to do that to you.*
- 3. It's not okay to treat others that way.*
- 4. We don't do that here.*
- 5. That needs to stop.*



FRIENDSHIP WEAPON: NAME-CALLING

IT'S TIME TO CHOOSE A RESPONSE



WHAT YOU CAN SAY USING I-MESSAGES

FRIEND TO FRIEND:

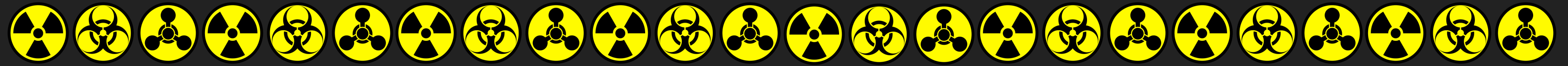
"I FEEL BAD WHEN YOU CALL ME NAMES BECAUSE _____.
I WANT YOU TO STOP CALLING ME NAMES."

WHAT A HE/SHE MIGHT SAY BACK:

"WHAT NAMES?"

AND YOU CAN KINDLY SAY:

"I DIDN'T LIKE IT WHEN YOU CALLED ME _____ (NAME).
I WANT YOU TO CALL ME BY MY NAME."



FRIENDSHIP WEAPON: POSSESSIVENESS

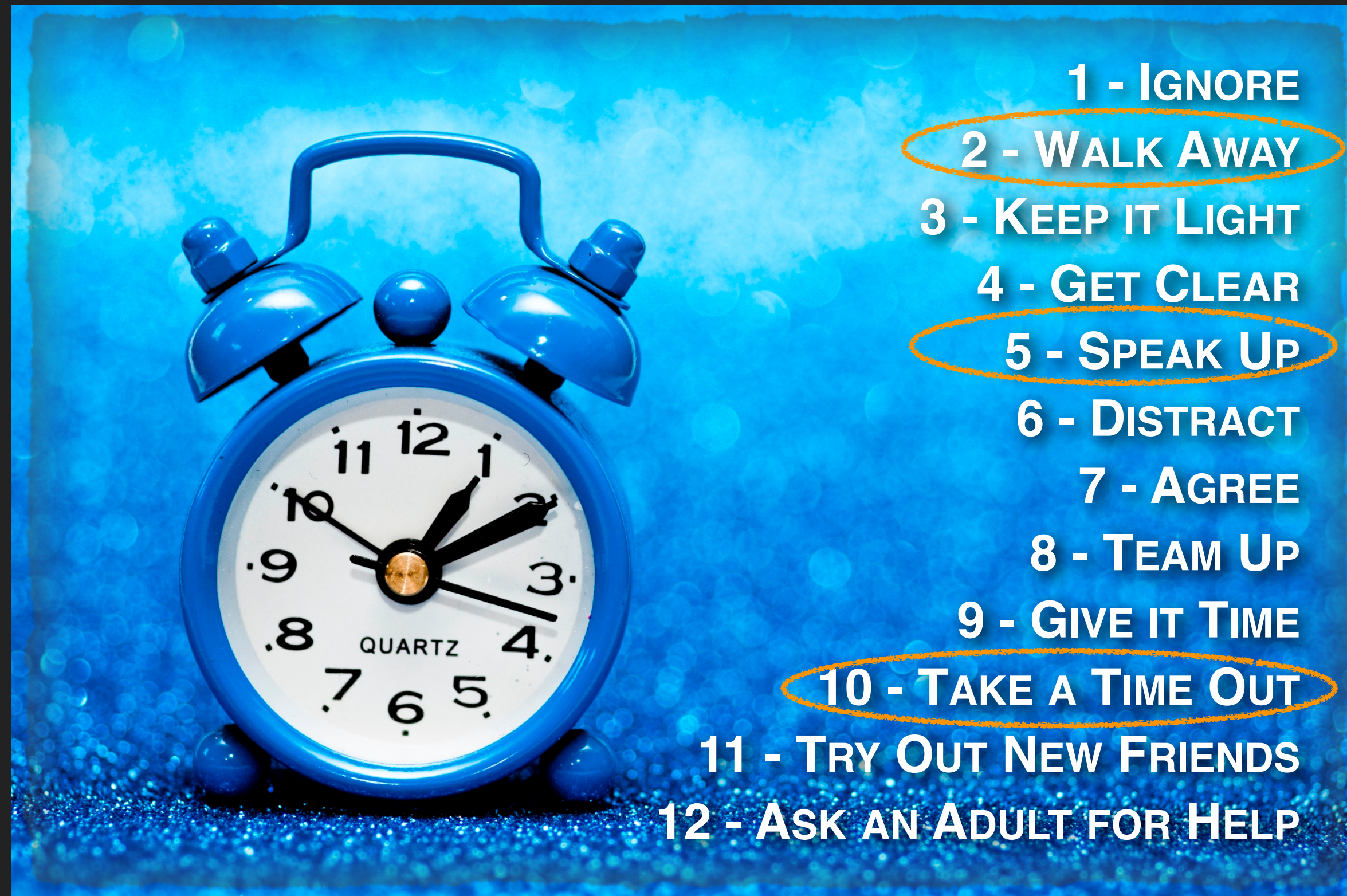
- ▶ **Trying to keep a friend or a group of friends entirely to yourself**
- ▶ **What does it SOUND like?**
 - ▶ **“If you play with her, I won’t be your friend.”**
 - ▶ **“I’m not going to hang out with you if he’s around.”**
 - ▶ **“Just text me tonight about _____.”**



FRIENDSHIP WEAPON: POSSESSIVENESS

WHAT YOU CAN SAY USING I-MESSAGES

IT'S TIME TO CHOOSE A RESPONSE



FRIEND TO FRIEND:

"I FEEL BAD WHEN YOU SAY I CAN'T PLAY WITH _____, BECAUSE I WANT TO PLAY WITH BOTH OF YOU."

OR

"WHEN YOU GET UPSET WHEN I WANT TO PLAY WITH SOMEONE ELSE, I FEEL BAD BECAUSE YOUR FEELINGS ARE HURT. I WANT YOU TO KNOW THAT WE CAN STILL BE FRIENDS WHEN I PLAY WITH OTHERS."

WHAT A HE/SHE MIGHT SAY BACK:

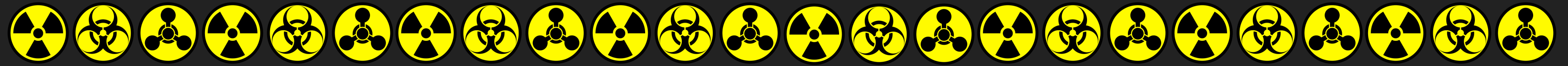
"I DON'T DO THAT." OR "DO YOU PROMISE?"

AND YOU CAN KINDLY SAY:

"GREAT! SO FROM NOW ON WE'LL LET OTHERS PLAY WITH US."

OR

"YES! WE'LL STILL BE FRIENDS."



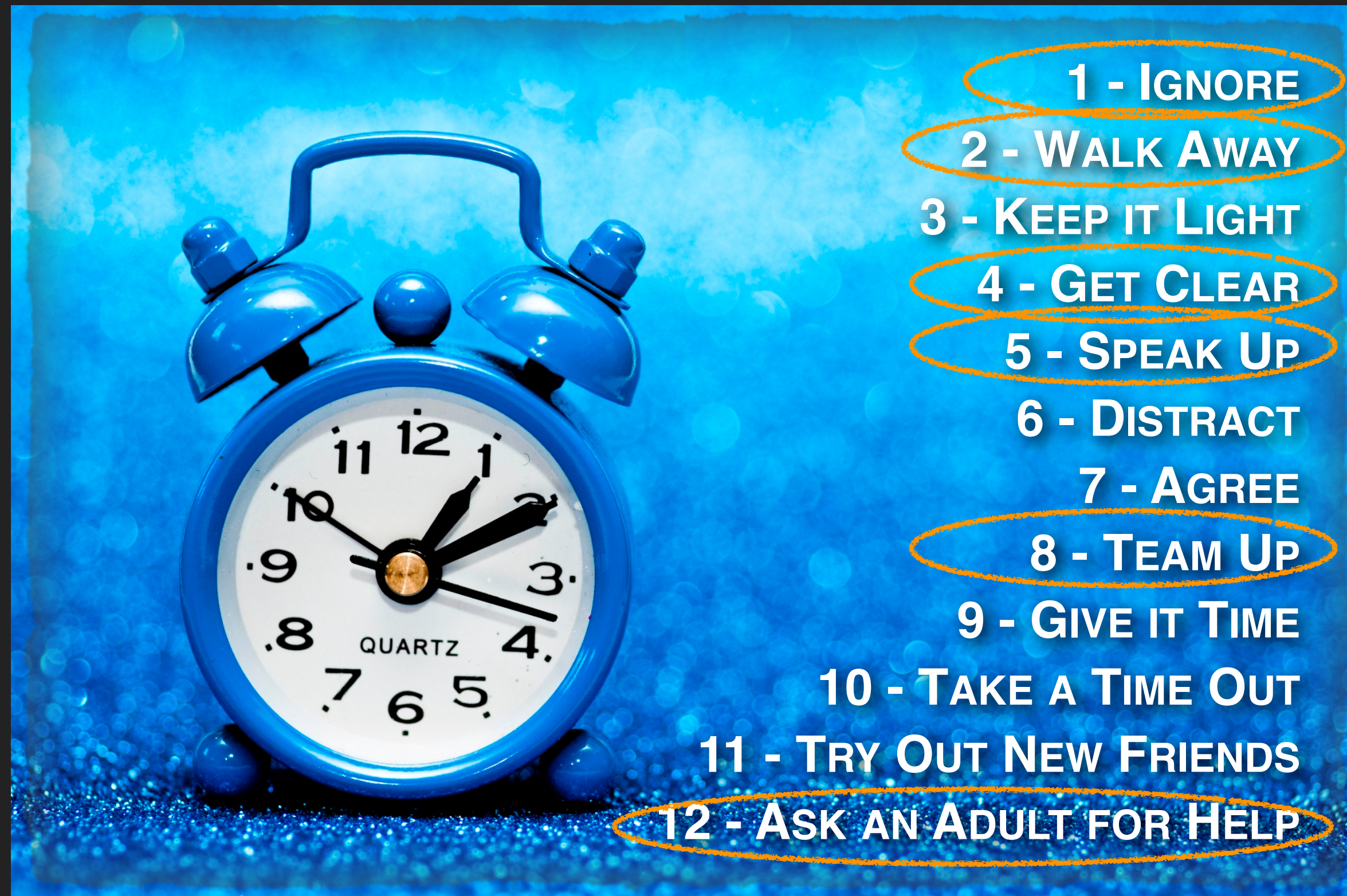
FRIENDSHIP WEAPON: RUMORS

- ▶ **False stories about someone else, repeated and passed on**
 - ▶ **What does it SOUND like?**
 - ▶ **"Sara had to go to the office today. I think she has lice."**
 - ▶ **"Don't tell anyone, but Luke's parents are getting a divorce. I heard them arguing."**
 - ▶ **"Jimmy told me Aaron gets all his clothes from Goodwill."**



FRIENDSHIP WEAPON: RUMORS

IT'S TIME TO CHOOSE A RESPONSE



WHAT YOU CAN SAY USING I-MESSAGES

FRIEND TO FRIEND:

"I FEEL BAD WHEN YOU SPREAD RUMORS ABOUT ME,
BECAUSE THEY'RE NOT TRUE. I WANT YOU TO STOP."

WHAT A HE/SHE MIGHT SAY BACK:

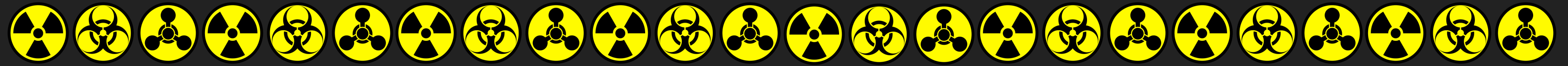
"SO?" OR "WHO TOLD YOU THAT?"

AND YOU CAN KINDLY SAY:

"I KNOW YOU HAVE THE POWER TO STOP THE RUMORS.
I WANT YOU TO STOP THEM."

OR

"THAT'S NOT THE IMPORTANT PART.
I WANT YOU TO KNOW HOW I FEEL ABOUT RUMORS ABOUT ME.
I WANT IT TO END,
AND I KNOW YOU HAVE THE POWER TO MAKE IT STOP."



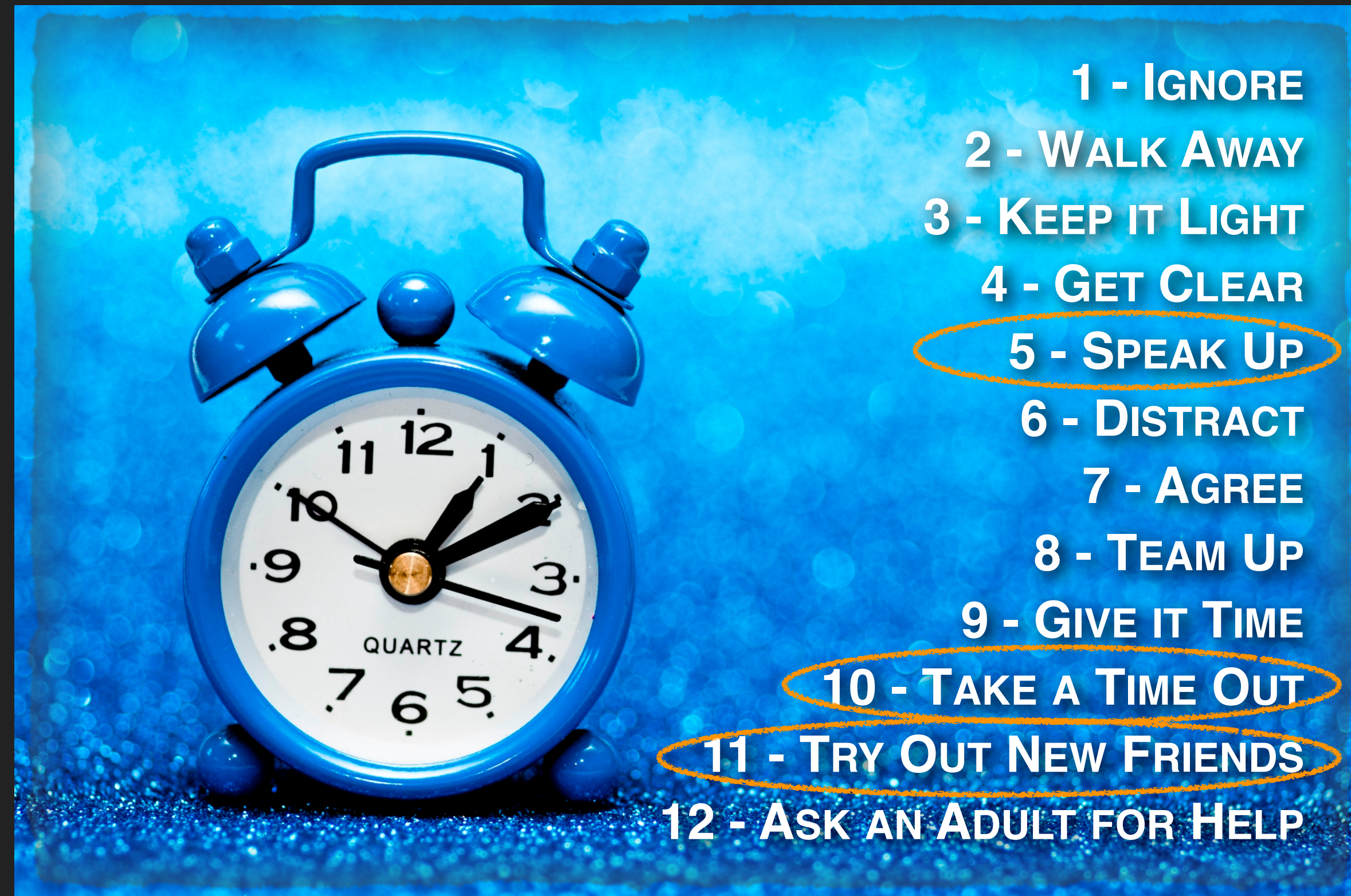
FRIENDSHIP WEAPON: SECRET SHARING

- ▶ **Breaking trust with another by telling information that was meant to be kept private**
- ▶ **What does it SOUND like?**
 - ▶ **“Don’t tell anyone because it’s supposed to be a secret, but did you know. . .”**



FRIENDSHIP WEAPON: SECRET SHARING

IT'S TIME TO CHOOSE A RESPONSE



WHAT YOU CAN SAY USING I-MESSAGES

FRIEND TO FRIEND:

"I FEEL BAD BECAUSE YOU TOLD MY SECRET TO OTHERS.
I TRUSTED YOU. I WANT YOU TO KEEP WHAT I TELL YOU PRIVATE."

WHAT A HE/SHE MIGHT SAY BACK:

"OH, I WASN'T SURE YOU MEANT NOT TO TELL ANYBODY."

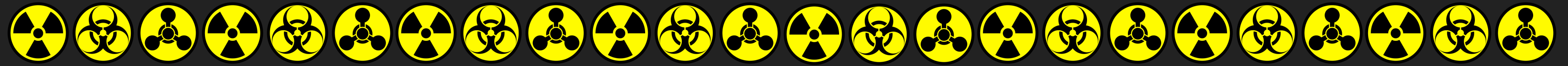
AND YOU CAN KINDLY SAY:

"I TOLD YOU NOT TO SHARE IT WITH ANYONE.
I WANT TO BE ABLE TO TRUST YOU."



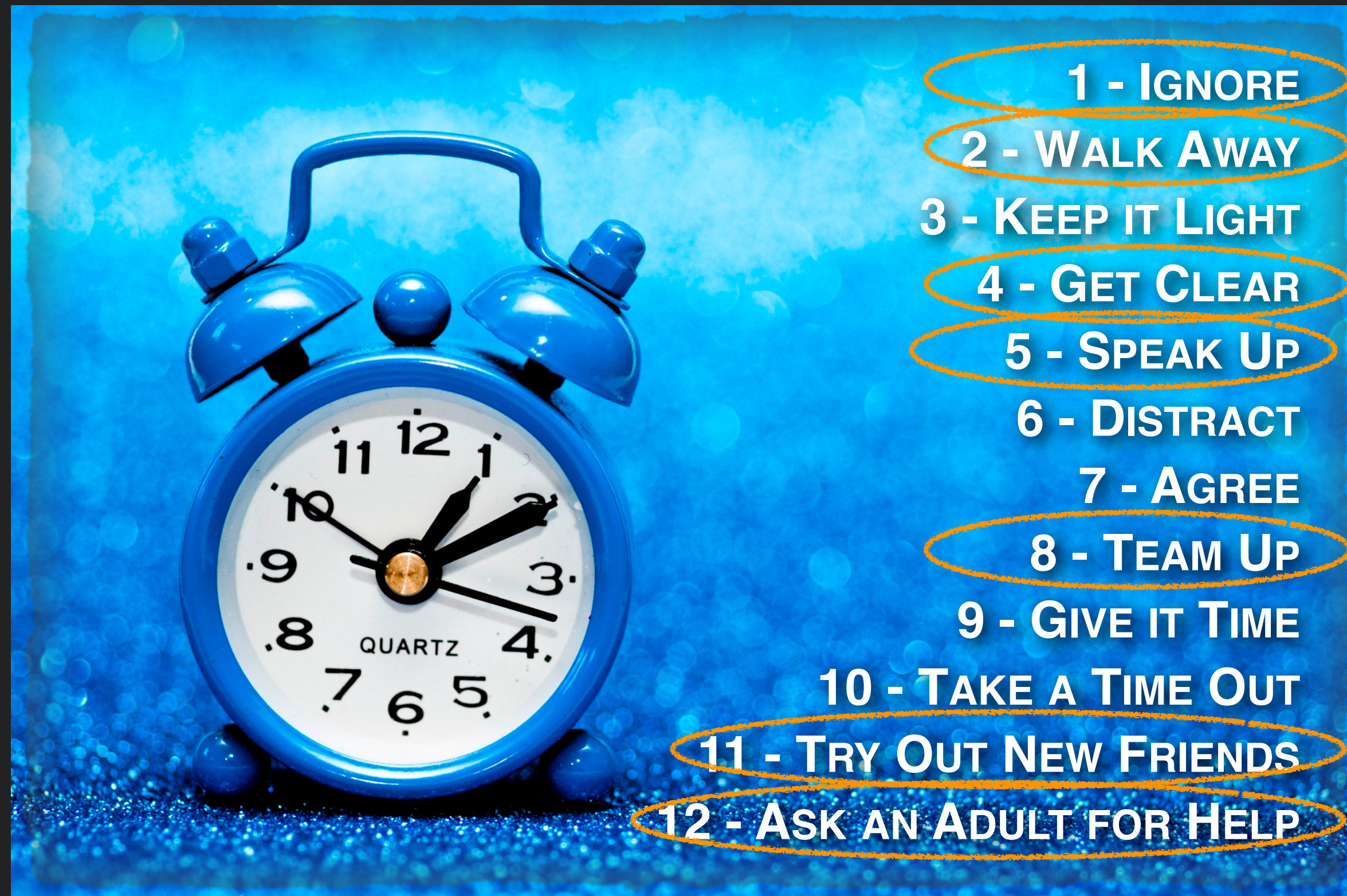
FRIENDSHIP WEAPON: SILENT TREATMENT

- ▶ **Pretending someone doesn't exist**
 - ▶ **What does it LOOK like?**
 - ▶ **No one talking to another boy/girl on purpose**
 - ▶ **No one answering when he/she speaks**



FRIENDSHIP WEAPON: SILENT TREATMENT

IT'S TIME TO CHOOSE A RESPONSE



WHAT YOU CAN SAY USING I-MESSAGES

FRIEND TO FRIEND:

"I FEEL BAD WHEN YOU WON'T TALK TO ME.
I WANT YOU TO TALK TO ME."

HOW HE/SHE MIGHT RESPOND:

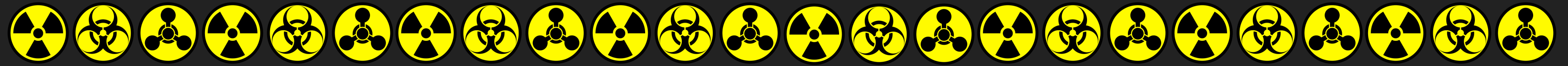
MORE SILENCE.

AND YOU CAN KINDLY SAY:

"I'LL JUST GIVE THIS SOME TIME. I'LL CHECK IF YOU WANT TO TALK
TOMORROW." (LEAVE AFTER YOU HAVE SAID THIS.)

TO AN ADULT:

"I NEED YOUR HELP. I HAVE BEEN GETTING THE
SILENT TREATMENT FROM _____ (PERSON'S NAME)."



FRIENDSHIP WEAPON: TAUNTING

- ▶ Making fun of, mimicking, insulting, criticizing, or using sarcasm
 - ▶ What does it **SOUND** like?
 - ▶ Imitating every word you say.
 - ▶ “You sound like a baby.”
 - ▶ “You have a really big nose.”
 - ▶ “Your family is weird.”

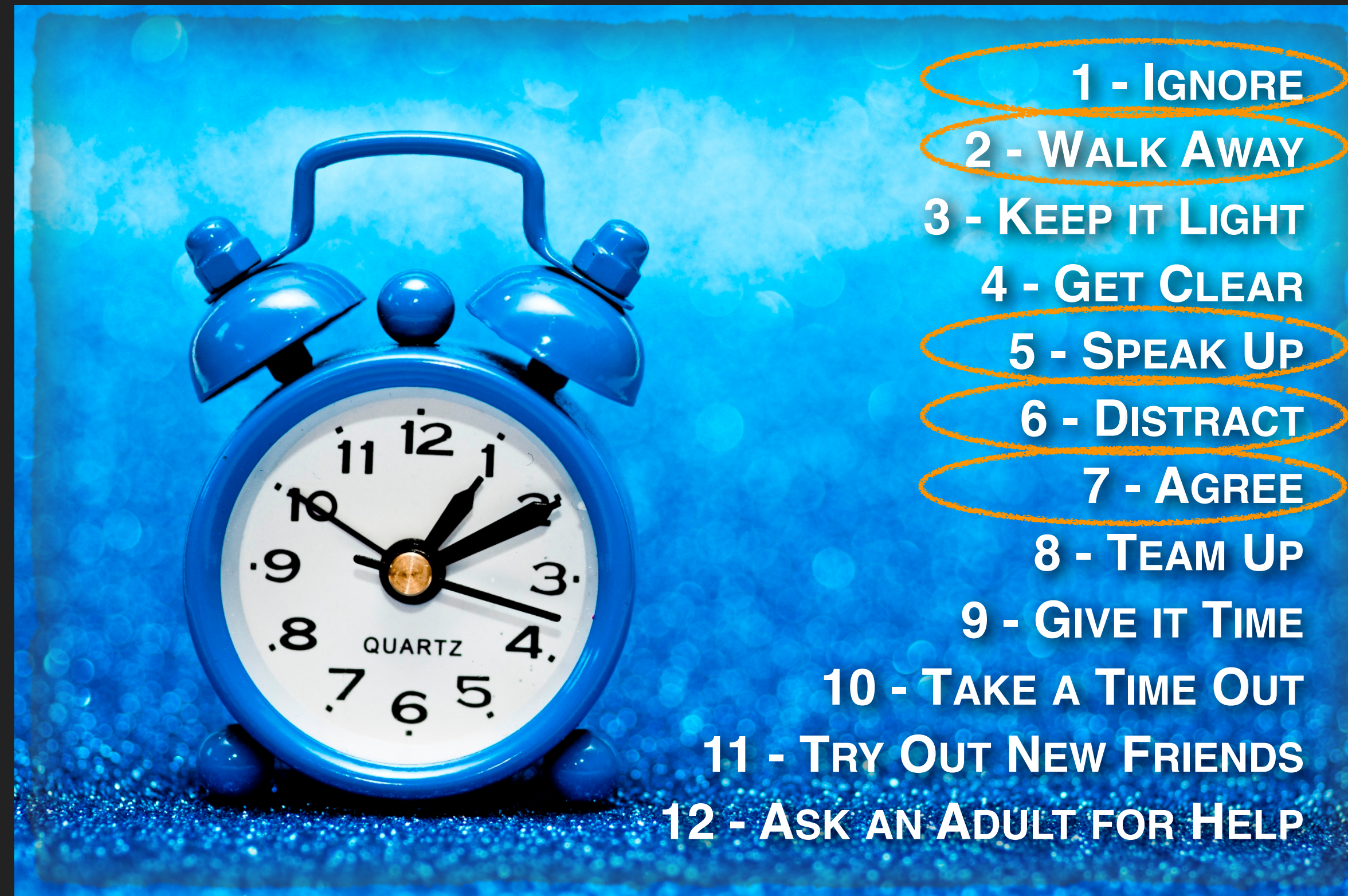
SPEAK UP!

- 1. That is hurtful.*
- 2. I wouldn't want someone to do that to you.*
- 3. It's not okay to treat others that way.*
- 4. We don't do that here.*
- 5. That needs to stop.*



FRIENDSHIP WEAPON: TAUNTING

IT'S TIME TO CHOOSE A RESPONSE



WHAT YOU CAN SAY USING I-MESSAGES

FRIEND TO FRIEND:

"I FEEL BAD WHEN YOU _____ (DESCRIBE TAUNTING).
I WANT YOU TO STOP."

WHAT A HE/SHE MIGHT SAY BACK:

"BUT IT'S TRUE! YOU DO _____."

AND YOU CAN KINDLY SAY:

"OKAY, THEN I NEED TO FIND SOMEONE ELSE
TO HANGOUT WITH WHO MAKES ME FEEL WELCOMED."



FRIENDSHIP WEAPON: TEASING

▶ Pretending to joke as a way of hurting another's feelings

▶ What does it SOUND like?

- ▶ "You're weak."
- ▶ "Your shoes are trash."
- ▶ "You like _____."
- ▶ "Your feet are huge."
- ▶ "Nice pimples."

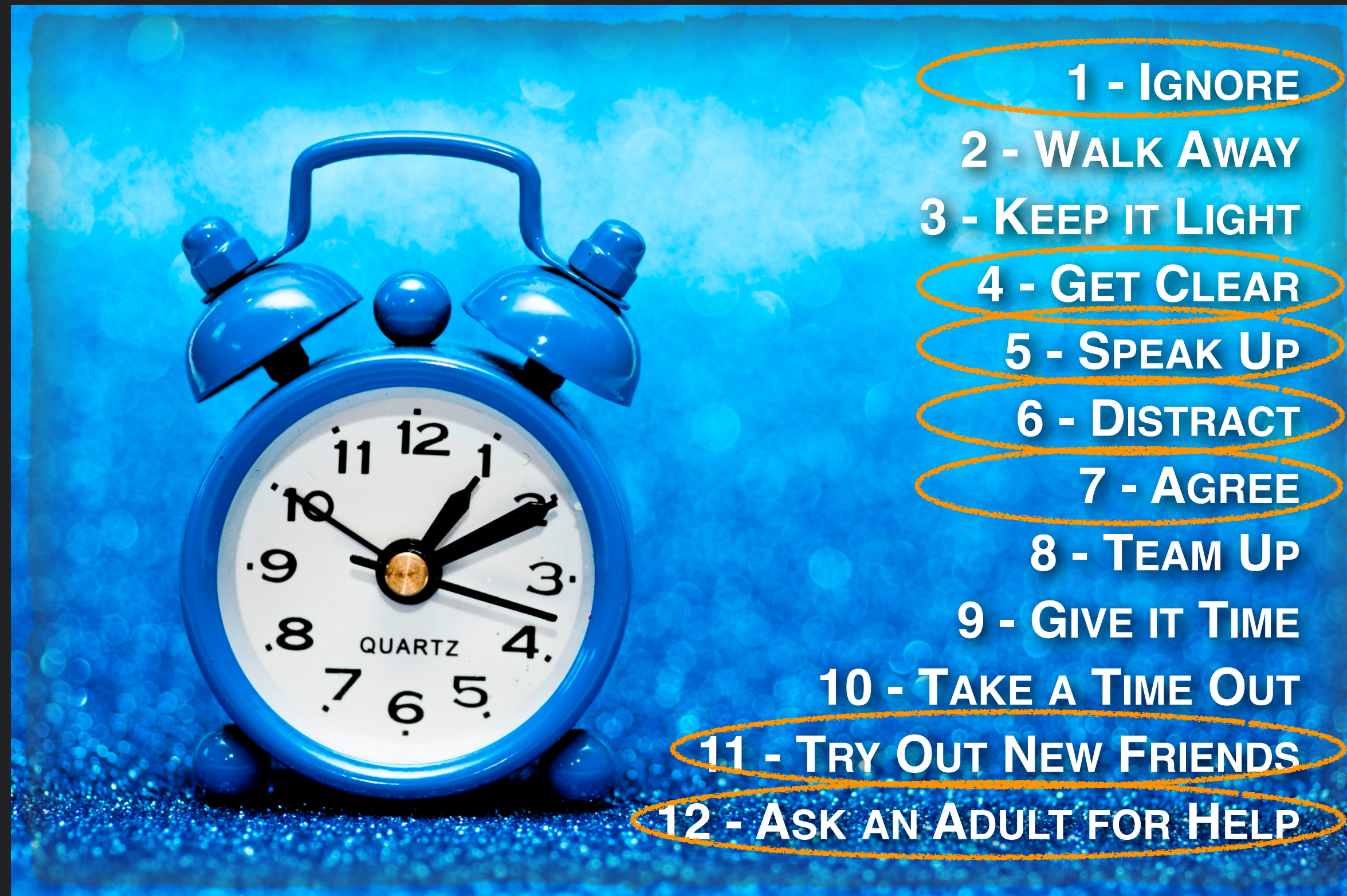
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FRIENDSHIP WEAPON: TEASING

IT'S TIME TO CHOOSE A RESPONSE



WHAT YOU CAN SAY USING I-MESSAGES

FRIEND TO FRIEND:

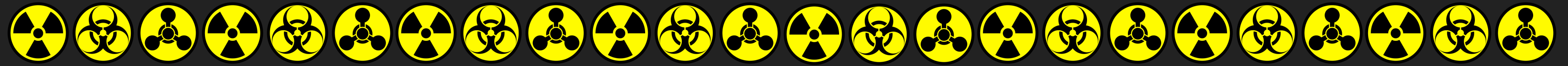
YOU PROBABLY DIDN'T KNOW IT, BUT THAT HURT MY FEELINGS.
I WANT YOU TO BE CAREFUL ABOUT TEASING ME."

WHAT A HE/SHE MIGHT SAY BACK:

"CAN'T YOU TAKE A JOKE? I WAS JUST KIDDING."

AND YOU CAN KINDLY SAY:

"I LIKE JOKES, BUT THAT DIDN'T FEEL LIKE ONE.
IT HURT. PLEASE DON'T DO IT AGAIN."



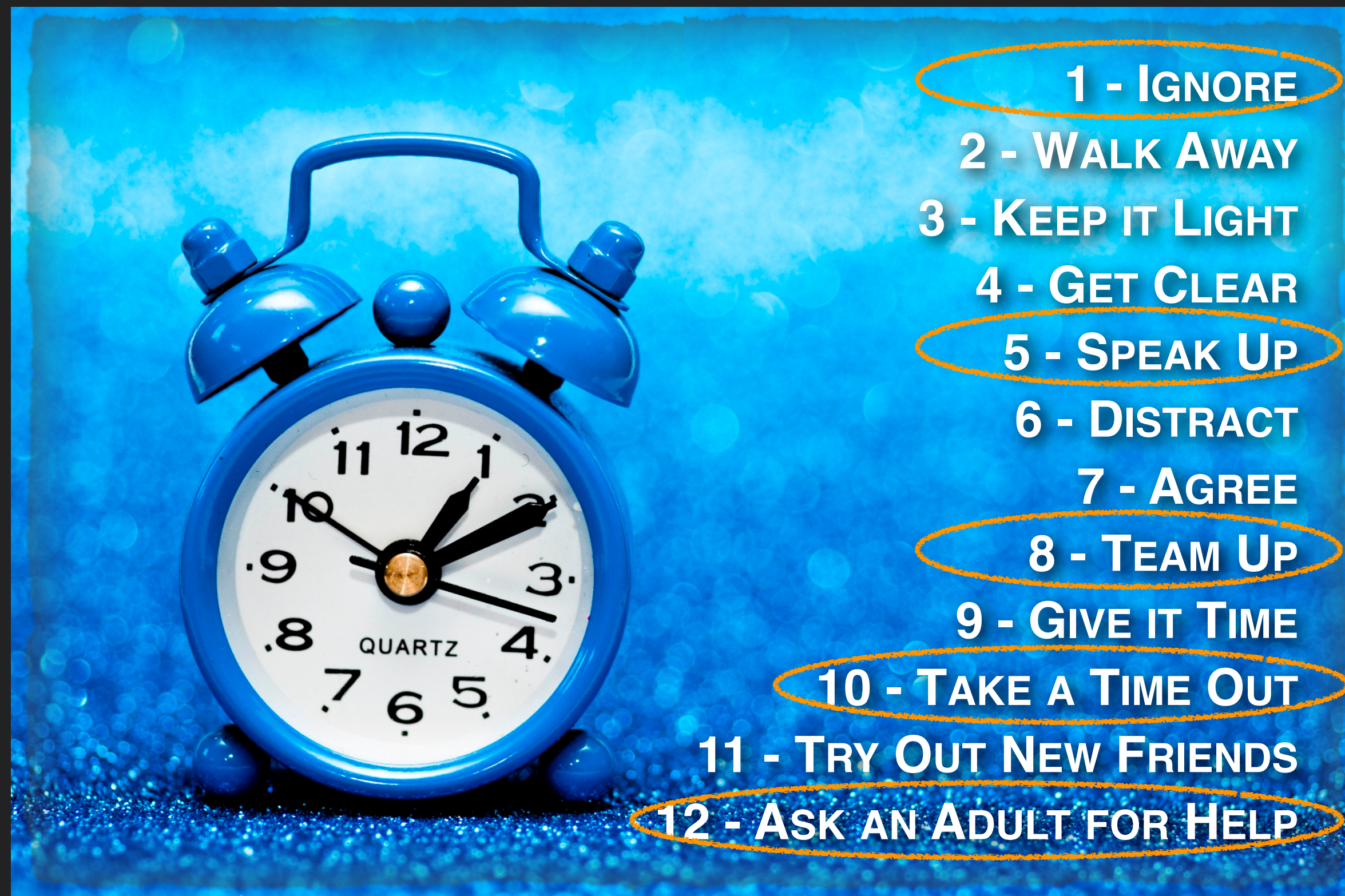
FRIENDSHIP WEAPON: THREATS

- ▶ **Telling others you are going to harm them or put them in danger**
- ▶ **What does it SOUND like?**
 - ▶ **“If you play with _____, I won’t be your friend.”**
 - ▶ **“If you tell on me, there’s gonna be trouble.”**
 - ▶ **“Just you wait and see!”**



FRIENDSHIP WEAPON: THREATS

IT'S TIME TO CHOOSE A RESPONSE



WHAT YOU CAN SAY USING I-MESSAGES

FRIEND TO FRIEND:

"I FEEL BAD WHEN YOU THREATS BECAUSE YOU'RE GOING TOO FAR.
I WANT YOU TO STOP TRYING TO SCARE ME."

WHAT A HE/SHE MIGHT SAY BACK:

"DON'T BE SUCH A BABY."

OR

"WHY DO YOU TAKE EVERYTHING SO SERIOUS?"

AND YOU CAN KINDLY SAY:

"OKAY, THEN I NEED TO FIND SOMEONE ELSE
TO HANGOUT WITH WHO MAKES ME FEEL SAFE."

TO AN ADULT:

"I NEED YOUR HELP.

I HAVE BEEN GETTING THREATS FROM _____ (PERSON'S NAME)."