

Stop, Walk, and Talk

Today we are going to talk about Stop Walk Talk. This is the way we talk to each other when we don't like something that someone is doing to us. When we use Stop Walk Talk we stand up for ourselves respectfully and we are respectful when people stand up for themselves.

Let me give you an example. Let's pretend someone is standing too close to me in line and they are bumping me. I don't like it so I turn to them and tell them "Stop bumping me."

This is how we stand up for ourselves. **We are respectful and we say what we don't like.** Let's repeat that together. **We are respectful and we say what we don't like.** Again. Again.

Is it like this – Stop

Is it like this – Stop that.

Is it like this – You're bumping me.

Is it like this – Stop bumping me.

What are some things we don't like. Practice saying "Stop, bumping, hitting, taking my pencil, cutting me in line"

Stop

Respectful voice –

When we stand up for ourselves, we use a respectful voice that is firm and serious. Listen.

Is it like this (Really loud), This is not being respectful because it's too loud

Is it like this (Really soft), This is not being respectful because it's too soft

Is it like this (laughing tone), This is not being respectful, it's not serious

Is it like this (sarcastic), This is not a serious or respectful voice

Is it like this (Good volume and tone)

A respectful voice is firm and serious.

Practice Stop I don't like you chasing me, Stop I don't like you bumping me.

Body Signal – What is this?

Hold up a Stop Sign. What does it mean? What do we do when we see it?

Hold up a Stop Hand. What does this mean? What do we do when we see it?

We are respectful and safe when we keep our bodies to ourselves. Say it together. Again. Again.

Stop sign belongs in our body space and not in someone else's. Use a volunteer.

Is it like this (In someone's bubble) No, I didn't keep my body to myself

Is it like this (Touching someone) No, I didn't keep my body to myself

Is it like this (the right way) Yes, I was safe and respectful

Practice Stop, I don't like you chasing me, Stop I don't like you bumping me.

Positive examples of when to use the stop signal might include:

Johnny pokes Sally in the back over and over while in line
Susie teases Sally and calls her an unkind name
Joey tackles Sam while playing tag
Sam steals the ball away from Fred when they are not playing a game that involves stealing.

Include at least 1-2 examples of when not to use the stop signal

Negative examples: when not to use the stop signal

Johnny accidentally breaks the double-dribble rule in basketball
Kelly makes a suggestion for a game that Fred does not like
Sam steals the ball away from Fred when they are playing basketball: a game where stealing is appropriate

Sally continues to poke Susie in line, even after Susie has delivered the stop signal

Walk

Is it ok for someone to keep hurting us or hurting our feelings after we've told them to stop? No.

Sometimes we need to walk away. **Walking away is another way to stand up for ourselves. Say it together. Again. Again.** It is another way to show someone that we don't like what they are doing.

We walk away after we've used our stop signal and it didn't work.

Let's try a couple. I need a volunteer.

- 1) lightly bumping into someone in line
- 2) Lightly poke a student with a pencil eraser
- 3) Chasing you on the playground
- 4) Laughing and pointing at you

Talk - Telling a teacher

Sometimes someone is being unsafe or they are not listening to you stand up for yourself, then you need to tell a teacher. When do you tell a teacher? When someone is being unsafe or you've already tried standing up for yourself. When?

Tattling vs. Telling/Reporting

Tattling is when you are trying to get someone in trouble. And you probably haven't tried standing up for yourself.

Telling is when someone is being **unsafe** or **you've already tried standing up for yourself**

Now we are going to talk about how to answer when someone stands up for themselves. I have a question. Remember the Stop sign on the street. Are we in trouble when we see a Stop Sign? NO! Are we in trouble when someone stands up for themselves? No.

We say Ok or I'm sorry and we stop. Are we in trouble when we say sorry? Are we in trouble when we stop? No!

Let's practice - Use examples from above
Role play with students walking away

Can we partner up and try a couple Stop and Sorry's?