



## *Strategies for Safer Climates: Elementary*

### **WHEN TO REPORT HURTFUL ACTIONS:**

Ask yourself, “Do these actions seriously hurt me or someone else? Or are they just a little annoying? Was it accidental or on purpose?”

- + Report words and actions that hurt you or can hurt someone else to an adult you trust.
- + Hurtful actions might include: pushing, hitting, spreading rumors, writing bad notes, demanding money, etc.

### **Actions you may not need to report but might handle yourself:**

- + Basic disagreements and minor conflicts.
- + Goofing around that does not target one person all the time.
- + Normal changes in friendship groups

### **Most helpful ways to handle peer problems :**

- + Remember that it’s NORMAL to make mistakes in relationships and friendships.
- + Forgive each other, learn from your mistakes, and move on!
- + Avoid labeling each other “bullies” or “targets”. Everyone makes mistakes and everyone CAN learn and change.
- + Do NOT “get even.”
- + Focus on how you can help others.
- + Find a group of friends at school that make you feel good about yourself.
- + Think of the Sources of Strength Wheel and work on strengthening those areas with a trusted adult.



## What if you feel really angry a lot of the time?:

These things sometimes cause anxiety or anger:

- ✚ **Not taking care of yourself:** Not eating right, not exercising, and not getting enough sleep can seriously affect your mood and your state of mind. Try taking really good care of yourself for a whole week and see if your mood changes a bit.
- ✚ **Stress at home or with friends:** All families and groups of friends have conflicts, challenges, and frustrations. Knowing that this is normal can help you put it in perspective. You're not alone. You can choose how you deal with challenges, either with a positive mindset or a negative one. Google stress relief techniques (like exercising, yoga, running, breathing, etc.) and try the ones that sound good to you.
- ✚ **Medical reasons:** Tell your parents/guardians if you are feeling edgy, angry, and frustrated regularly. A check up can help figure out if there's a medical reason for your change in mood.

## The three **BIG** rules for dealing with Anger and Stress are:

- **Don't hurt yourself**
- **Don't hurt anyone else**
- **Don't destroy property**

If you are feeling like breaking these three big rules, go to a trusted adult for help immediately. Focus on your Sources of Strength to help you through.

**SOURCES**  
**OF STRENGTH**