

## **S.T.A.R PLAN for teasing**

**S**top: swearing, name calling back

**T**hink: I can handle this; stay calm; relax, take a deep breath

**A**ct: Take a deep breath, say “stop calling me names”, walk away; talk to a friend; tell special teacher

**R**esult: I feel powerful and in control; I stayed out of trouble; I can be a winner; I did not let them get me upset