

How can you use **WITS** to solve a conflict?



PLO

Walk away

LEAVING TAKES YOU OUT OF
THE CONFLICT!

Do it calmly and walk somewhere safe, like a classroom.

Ignore

KIDS WHO BULLY
OFTEN WANT A REACTION

Ignore them and they won't get it from you. Stay calm and keep doing what you're doing. Hang out with kids that are kind and support you.

Talk it out

Bullying is
not cool!

STAND UP FOR YOURSELF
AND YOUR FRIENDS

Say, "Please stop", tell them "That's rude". Use "I" statements, like "I feel hurt when you say that". Talk firmly, without name-calling.

Seek help

MAKE A LIST
OF PEOPLE YOU TRUST

Get help if you or someone could get hurt, if you're afraid, if you can't handle it alone, or if your attempts did not work. Seeking help is not tattling. When you get help, you're making your school and community safe for everyone!



www.witsprogram.ca

