

Montecito Union School District
Stop, Think, Talk



If a student at MUS encounters verbal, social, or physical conflict, they should follow the steps outlined below:



Step
1

STOP

- ✓ If a student feels uncomfortable by the words or actions of another student, they should put up both hands and say “*Please Stop*”. This is the MUS *Stop Signal*.
- ✓ If a student is on the receiving end of the *Stop Signal*, they should stop what they are doing, take two deep breaths, and acknowledge the signal.
- ✓ The stop signal should not be used for accidental or unintentional behavior.
- ✓ If the other student responds and acknowledges your request, the conflict may be resolved.



Step
2

THINK

- ✓ If the conflict doesn’t feel resolved after the *Stop Signal*, the student should:
Cool Down
 - ✓ Take a few deep breathes
 - ✓ Count to 10
 - ✓ Take a drink of water**Reflect**
 - ✓ How am I feeling?
 - ✓ What do I need?



Step
3

TALK

- ✓ If the conflict continues after *Stop* and *Think*, the student should talk with the other person by using the following frame.
 - ✓ The person who feels harmed says: When you (state the situation), I felt (state how you feel). I need you to (state what you need).
 - ✓ The person who is being confronted says: I heard you say _____. I feel (state how you feel).

If the conflict doesn’t feel resolved, report the situation to a trusted adult.

