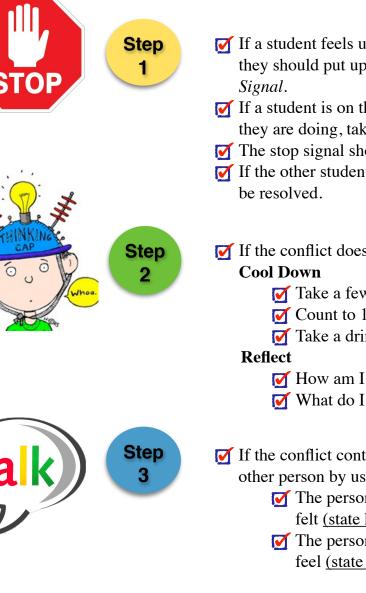
Montecito Union School District

Stop, Think, Talk



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



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
- **V** 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.
- **V** If the other student responds and acknowledges your request, the conflict may

THINK

V If the conflict doesn't feel resolved after the *Stop Signal*, the student should:

- **Take a few deep breathes**
- Count to 10
- **Take a drink of water**
- How am I feeling?
- What do I need?

TALK

V 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.