

SORTING OUT PROBLEMS

This isn't about telling you what to do - they're ideas - think what you'd do

10

Wait for a bit before sorting things, sometimes it gives you time to calm down and think properly

Sometimes it is good to write down how you feel, or draw - or do something that relaxes you or calms you down - like sport, exercise, going out

STEPS

Find the right time and place to sort things out

Say how you feel but don't be aggressive or blame people, try to be cool and calm

Listen to what the other person has to say - the more you listen, the better chance you have to understand

Be prepared to say sorry or accept that you may be to blame for some things

Don't just think of the problem, think of solutions - ways of sorting the problem - be positive

4

Think about the good and the bad results of what you decide to do - the consequences

U

Make a decision and try to stick with it. Don't walk away and leave stuff not sorted.

Don't dis the other people/person behind their back. Try to drop it

SORTING OUT PROBLEMS

S



You want to go out but your parent or carer won't let you because you have been out of order

I



You are given a detention for something you feel that you did not do or deserve

T



Someone is giving you aggro at school and you want to go and kick off on them

U



You find out someone has been gossiping about you behind your back

A



You have fallen out with your best mate. Both of you want to sort stuff out but you don't know how

T



You see some other students from a rival school and they are shouting stuff at you about your school

I



You find out someone has been bullying your younger cousin who's at the same school as you

O



You feel that a teacher has got something against you

n



You want to watch something on TV but someone else in your house wants to watch another programme

S



The local council has said they'll build a skate park in your local area but you find out they are planning to build houses on that site instead