

Use BRAVE TALK When...

Telling someone to stop or politely saying “no”

To get the best results when using Brave Talk

- ✓ **Eye contact.** Look the person in the eye.
- ✓ **Tone of voice.** Use a strong voice (not too soft & not too harsh).
- ✓ **Facial expression.** Your face needs to reflect your message. Look serious, but not mean.
- ✓ **“I” statement.**
 - “I felt _____ when you _____”
 - “Next time, I need you to _____”
- ✓ **Practice.** Role play with someone you trust like a teacher or family member. Have the other person be the one who is doing something unkind or is trying to get you to do something you know is wrong. You are the Brave Talker. Practicing feels strange at first, but will get easier.
- ✓ **Keep trying.** Using your Brave Talk doesn’t mean the other person will stop the first, second, or third time, but keep at it. Using your Brave Talk will make YOU feel better and gives you back your power!
- ✓ **Report ongoing bullying behavior to an adult you trust.**

“Stop.”

“I told you to stop.”

“Don’t talk to me like that.”

“I think that is mean.”

“I don’t like how you’re playing.”

“No.”

“No thanks.”

“I don’t want to do that.”

We can all be a “target” of bullying at times, but if we choose not to let the bullying hurt us then we do not become a “victim.”