

Handout – Tips for talking and navigating difficult peer situations

1)	If in doubt, write it down first so that you know what you are going to say.
2)	Stay calm.
3)	Keep sentences short and clear.
4)	Use 'I' statements.
5)	If it feels safe in the relationship, share your feelings, especially if you are hurt by someone else's actions.
6)	Listen to what your friend has to say.
7)	Remember your body language: stand tall and be confident in your decision.
8)	Work together as a team.
9)	Do not apologise if you do not want to do something that you have a right to refuse.
10)	If it is too hard to speak to your friend directly, maybe give them a letter or a card explaining your feelings.
11)	Talk to a responsible adult if you feel someone is in danger.
12)	Personal safety comes first: do not put yourself in danger.

