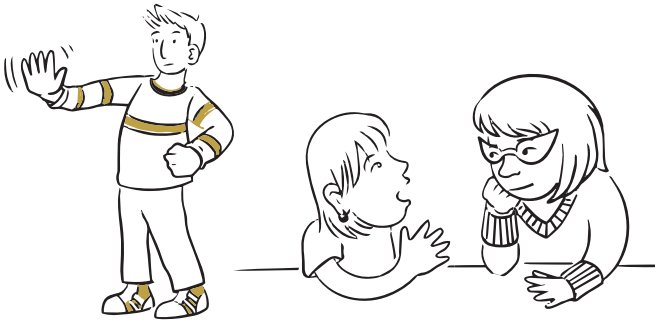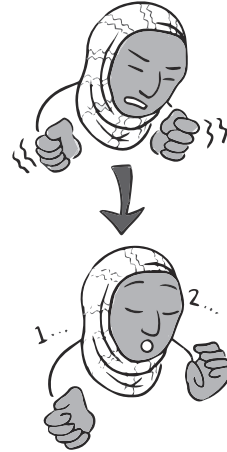✏️ *Handout*

STOP Steps

1 **STOP!**
Say how you are feeling.

2 **RELAX**

3 **THINK**

Will my first reaction:
1. Break a rule?
2. Get me in trouble?
3. Hurt someone or something?

4 **OPTIONS**
Put options through the THINK step

5 **PICK**
Pick the best option