

Commitment: Breathe deeply, relax and affirm to yourself: “What I see in others I strengthen in myself. I cannot attack others without hurting myself. I am willing to see children’s disruptive and aggressive behaviors as a call for help. I understand this does not get them off the hook, but it does unhook me to better guide them into using socially acceptable behaviors to get their needs met.

Signature: _____ Date: _____

Positive Intent, Hurtful Actions

Up until this point, we have focused on **seeing** the situation differently. It is also essential for us to **respond** to the situation differently. Positive intent is the second-to-last skill in the book because nearly all the other skills are needed to help us utilize positive intent. Here are the basic skills necessary:

- We must access composure by actively calming ourselves (S.T.A.R.).
- We must assertively focus on what we want.
- We must empower victims to use their BIG Voice.
- We must create a compassionate encouraging School Family culture so children are willing to learn a better way.
- We must offer empathy to upset children to help them access an executive state.

With these skills in mind, we are ready to address hurtful actions by teaching new skills to both victim and aggressor.

Teach the Victim Assertiveness Skills

Before we enter the conflict, we will upload calm, focus on what we want and offer positive intent to all parties involved. We will always go to the victim first unless violence is a concern. Approaching the victim first shows we value healing over hurting. It also empowers the victim to teach others how to treat him. As discussed in Chapter 5 (Assertiveness), ask the victim, “Did you like it?” Then provide the necessary assertiveness training through coaching. For example, “Tell Cameron, *I don’t like it when you push me. Walk around me, please.*” The children’s book *Shubert’s BIG Voice* does an excellent job of showing this process. In many cases, you will then support the victim in teaching the aggressor new social skills by using the following six-step “Teach the Aggressor” process.



Watch videos of young people paying it forward by using their BIG Voices.

