

Let's



Talk
It
Out

By Jonathan Spikes Foundation
Illustrations by: Trammell

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Let's Talk It OUT

I see you. I hear you. Yes, "YOU DO MATTER!"

Let's Talk it OUT is a conflict resolution program geared towards the adolescent population to help youth monitor, understand, and manage their stress, anger, and other difficult emotions. The objective is to teach them proactive strategies to navigate and resolve disputes to circumvent verbal and/or physical aggression and to support pro-social skills. This program is designed to enrich existing conflict resolution, anger management, communication skills, anti-violence, and other essential anti-bullying initiatives.

Program Objectives

- Learn to identify and label challenging emotions such as frustration, anger, and distress
- Discover ways to effectively communicate anger and other negative feelings
- Gain skills in constructive problem solving (using 'rationale' rather than 'emotion' mind)

Ultimately, Let's Talk it OUT strives to break the chain of violence too often resorted to by youth by recognizing that education and constructive action are among the best vaccines for violence. By learning to recognize the steps of conflict and processing them before reacting, de-escalation techniques help diffuse the intensity of negative emotions and build emotion regulation; that is, conflict does not necessarily need to be equated with negativity, since, if managed in a productive way, it can actually safeguard individuals in a potentially dangerous situation while building character and confidence through appropriate, assertive communication.

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What is Bullying?

Bullying is repeated, persistent, unwelcomed behavior that hurts or harms another person physically or emotionally.

The behavior must be aggressive and include an Imbalance of Power – one kid has power over the other if they are physically larger, is more popular or can control the other person.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Aggressor/Bully – **“the student who bullied.”**

Target/Victim – **“the student who was bullied.”**

Witness/Bystanders – **“the student/students who witnesses the incident.”**

What does bullying mean to you?

Types of Bullying

Verbal bullying is saying or writing mean things. Verbal bullying includes:

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm



Types of Bullying

Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships.

Social bullying includes:

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public



Types of Bullying

Physical bullying involves hurting a person's body or possessions. Physical bullying includes:

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures



Do you know any other types of bullying?

Where does bullying occur?

Bullying often occur at school during lunch or recess when students are less supervised and rowdy or disruptive students have an opportunity to provoke others. Bullying also happens in places like on the playground or the bus. It can also happen traveling to or from school, in the youth's neighborhood, or on the Internet.

Why do people bully?



Possible indicators of students who bully:

- Larger or stronger than classmates
- Enjoy controlling others
- Lack of empathy or compassion for others
- Feel more powerful than others
- Lack of emotion or remorse when discussing negative behaviors
- Enjoy conflicts and refuse to accept responsibility for negative behaviors
- Often have problems at school

Common myths about students who bully:

- Students who bully are loners.
- Students who bully have low self-esteem and are insecure.
- Students bully others because they want attention.
- Bullying behavior is a normal part of children being children.
- Only boys bully others.

DON'T BE A BULLY!!!





Bullying can lead to conflict. Developing a successful strategy from managing conflict can have a significant and lasting impact on maintaining a more peaceful and enriching school environment. Conflict can be managed in either productive or unproductive ways.

One thing we must do when we are confronted or feeling defensive or angry is to take a moment to think before we act.

THINKb4uAct

What are the consequences of your actions?



What are some of the ways you can manage conflict?

Breathe and Count to 10



The easiest quickest way to reduce stress is to take a few deep breaths. Inhale slowly through your nose, hold it for a few seconds, and then slowly exhale through your mouth.

NOW, YOU TRY IT.

Remember, if someone triggers you before you snap, just remember to BREATHE.

Count to 10 slowly. Take some deep breaths and concentrate on relaxing your body with each breath.

Tense your muscles



The second easiest technique is to tighten all of your muscles, going in groups from your head down to your toes. Hold for a few seconds, then release.

Now, you try it.

This works very well for someone who is ready to ‘pop.’

Chanting



Chanting a mantra, a sacred word or phrase used repeatedly to calm down. You might try ‘Relax,’ ‘Everything is going to be all right’ or ‘Woosa.’

Choose a word, either real or invented, to serve as this verbal anchor.

Your word _____

When you feel yourself becoming angry, take a deep breath and say the word in slow but steady repetitions.

Journaling



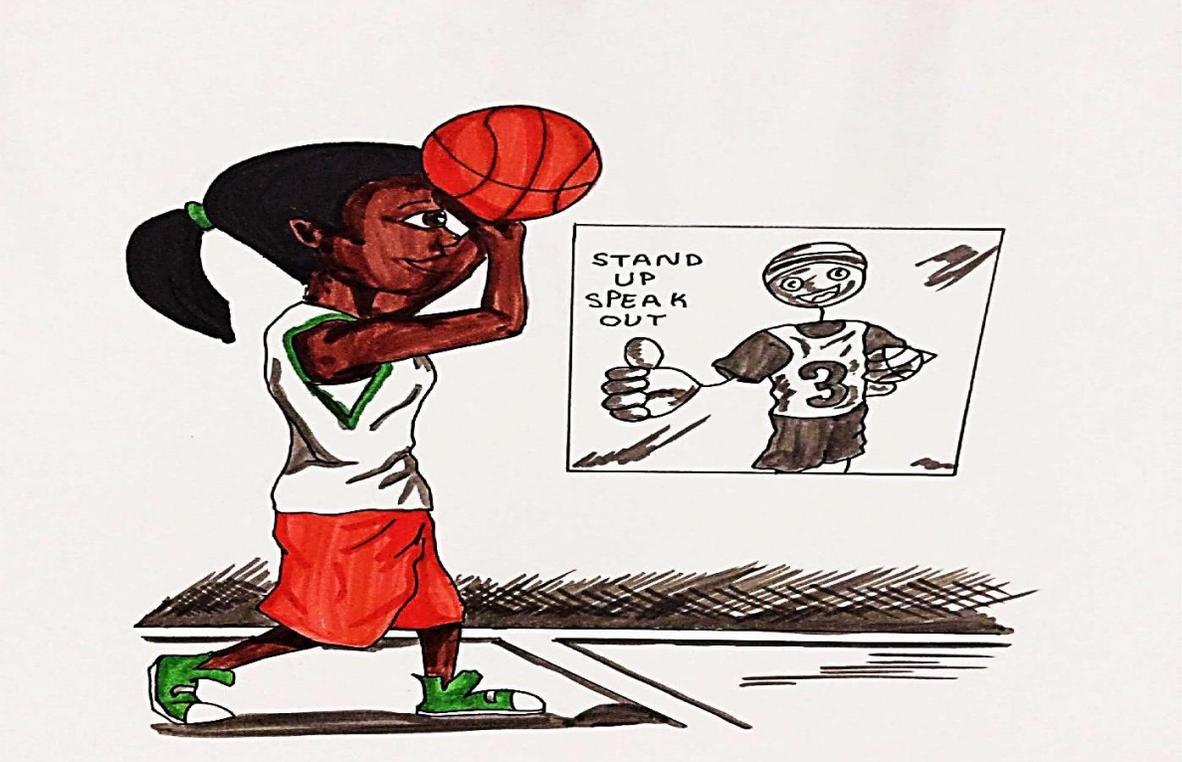
Journaling is another very effective way to release anger.

Write down whatever comes to mind.

The purpose of this writing is to discharge whatever is making you upset, angry, or anxious, and to express it onto paper.

Have you ever tried journaling, writing poetry, or a song?

Exercise



Exercise can be a great way to reduce stress, anger, tension and anxiety and improve your emotions. When you exercise, your body feels more relaxed and calm.

Jump, run, swim, or engage in any type of movement that will help shift and rebalance your mood.

Do you play any sports?

What else can you do?



Positive Assertive Communication



Positive communication can make the difference when dealing in uncomfortable situations.

You can face the bully head on without escalating the situation.

Assert your own feelings or using strategies to help get your mind off of the “reaction” track and onto the thinking response can be very helpful.

Use sentences with non-threatening ideas. This will help the angry person to focus on the voice of assertive reasoning.

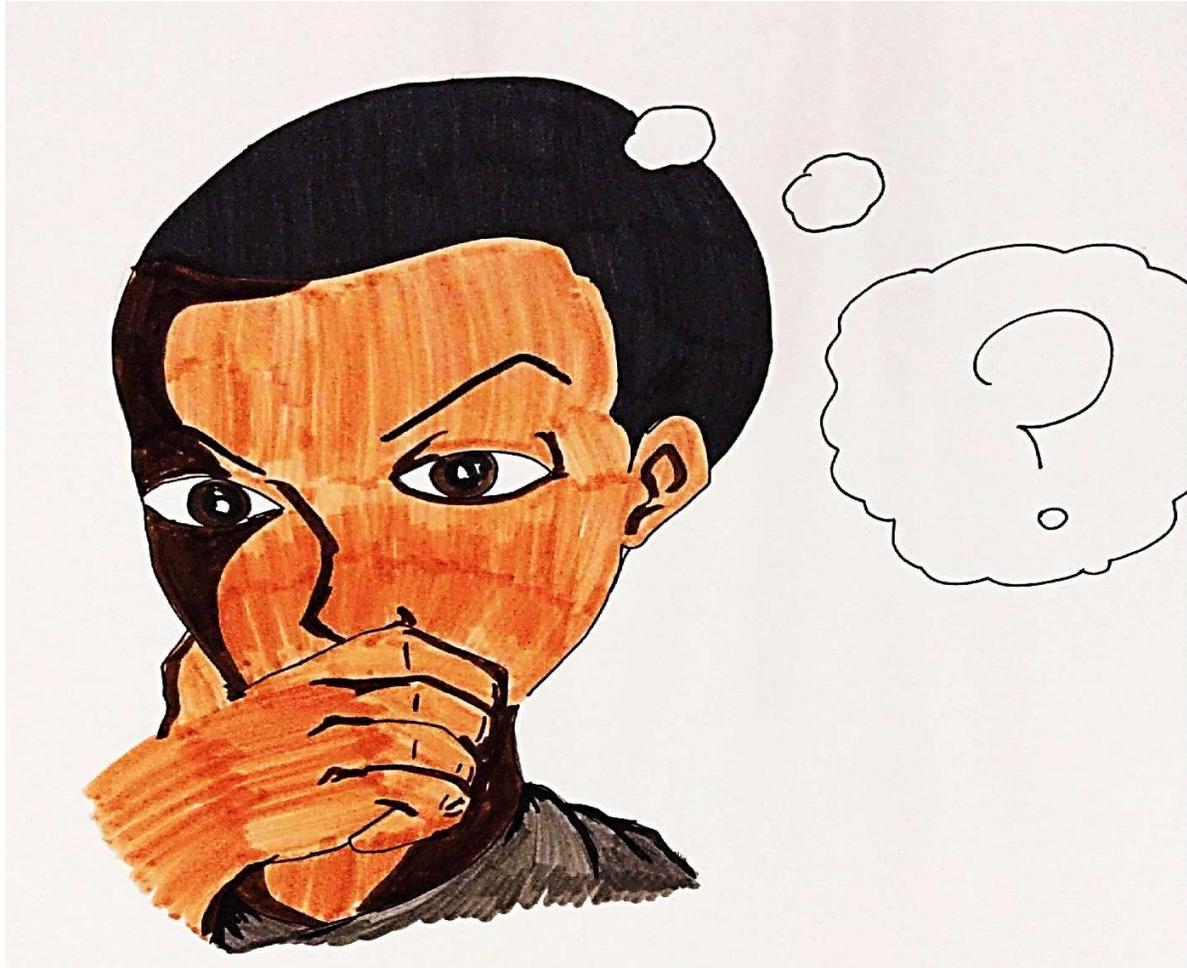
Instead of saying

- I demand...
- I must have...
- This is always...
- You never...

Try making statement like

- I would like...
- It would be a good idea if...
- This is frustrating because...
- I am upset when...

What else can you say?



Maintain Control of Your Emotions

DO: Appear calm, centered, and self-assured; use a modulated low tone of voice. Be aware of options. Be respectful even when firmly setting limits or calling for help.

DON'T: Be defensive even if the comments or insults are directed at you.

Communicate Effectively

Nonverbally

DO: Allow extra physical space between you and the aggressor, keep your hands out of your pockets to protect yourself, and stand at an angle to the aggressor.

DON'T: Turn your back, stand full front to the student, maintain constant eye contact, point or shake your finger, smile, or argue.

De-escalate the Discussion

DO: Trust your instincts, suggest alternatives, and explain limits in a firm but respectful tone.

DON'T: Get loud, yell, scream, argue, or analyze.

What else can you do?



Have you ever used physical aggression to resolve a conflict?



What positive outcomes did the fighting accomplish?



What about negative consequences?



Which list is longer, the positive or negative?

Does this make sense?



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Ways to deal with anger...

- Keep your voice “low and slow” to remain or find a sense of calm.
- If you are very stressed and cannot quickly or easily benefit from the above techniques, then leave the scene.
- Practice the strategies in a quiet, removed place.
- Return only when you feel safe and assertive—not aggressive.
- Positive communication can make the difference when dealing in uncomfortable situations.
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- Asserting your own feelings or using strategies to help get your mind off of the “reaction” track and onto the thinking response can be very helpful.

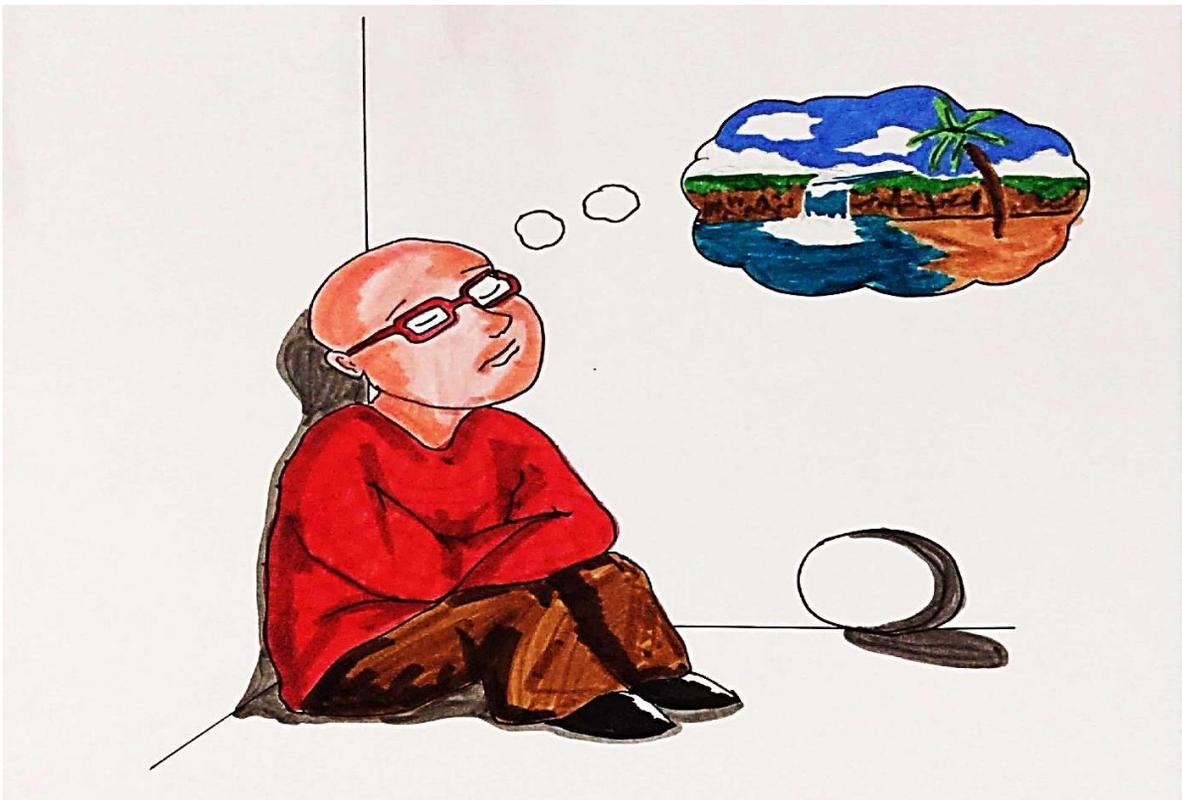


Instead of doing

- Name calling
- Shoving
- Jumping up

Try taking a moment to

- Breathe deeply
- Repeat a calm word or phrase
- Visualize a pleasant experience



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What if strategies are not enough?

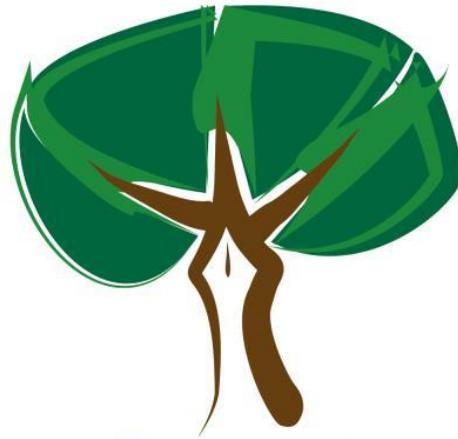
- The student who was bullied and the students who witness the incident must report the bullying or harassing to a teacher, school counselor, the principal or someone you trust.
- Be sure to write down what was said or done to you and how you responded.
- Make a list of people who witness the incident.



STAND
UP



SPEAK
OUT



Jonathan Spikes Foundation, Inc.

DISCOVERY. COMPASSION. GROWTH

About Us

The Jonathan Spikes Foundation, Inc., is a non-profit 501 (c) (3) organization that takes a holistic approach to helping individuals to realize their true potential through self-actualization with the goal of inspiring each person to become a more fully functioning 'ME'— via mind, body and spirit.

The Universe and, in particular, its spiritual world admonish us that the tongue has the power to usher Life or Death through the words that are spoken (Proverbs 18:21). By providing a safe forum for psycho-education and support, participants will uncover and enhance their most powerful coping tools—those of the Self— so that they are assured that they can be all that they can be, to achieve all that they aspire to, and, most importantly, to profit from life's abundance as they journey through self-development.

Our Vision

Our vision is to foster and support a journey of self-discovery that seeks the Truth— An Enlightened Truth free of misperceptions about the Self—fed by the untrue perceptions spoken to us by misguided others—so that, together, we may arrive at that sacred place of fulfilling our highest potential in our everyday lives.

Our Purpose

Our purpose is to use the written and spoken word to enhance the ability of all individuals, regardless of gender, ethnicity, or creed, to realize their intrinsic worth by discovering the Truth about themselves and then to learn to have the courage to speak and live in that bare, exquisite Truth. For once one knows better and trusts the Self, each person can then nourish others in a rich circle of welfare.

Our Mission

To help each and every individual to realize his or her potential by illuminating the true Self, too often eroded and hidden by the untrue perceptions that we tend to believe about ourselves, in an attempt to foster healing for the mind, body, and spirit.