**De-escalation Stress Model and strategies**



|  |  |
| --- | --- |
| De-escalate:* Prompt students they will have a few minutes to regroup
* Offer acceptable choices
* Offer break area/allow space
* Ensure all students Safety
* If the student leaves, keep visual, notify office, keep student in your line of sight until help arrives.
* Remove or reduce contact with triggers
* Reduce audience
* Teach social skills/conflict resolution
* Post expectations
* supervision/proximity
* stay calm. Stay consistent. Stay fluent.
* React unemotionally
* Not taking the misbehavior personal

STOIC | Escalate:* Demand compliance
* Take/remove/snatch
* Continue talking at/nag
* Remind of consequences
* Block doors
* Attempt to put hands on
* Intimidate/instigate by following an agitated student around
* Ignored signs of possible tension
* Taking sides/quick to blame
* Taking it personal
* Getting emotionally invested
 |