



**HumanKIND Curriculum to educate the human heart!**  
Trauma-Informed, Social and Emotional Learning Programs for PreK-12 schools and camps.

# Top 10 Tips for De-escalation: Agenda Review

Welcome!

- Respectful Request
- What is "de-escalation" exactly?
- Top 10 Tips review!
- What are Trauma-Informed Practices
- Trauma-Informed Language & Supports
- Free SEL digital gift on Grief - review
- Contact information



# Top 10 Tips: A Respectful Request...

## ...Participation!

We here at Respectful Ways are big believers in sharing thoughts and perspectives.

**TOP 10 TIPS** .....  
**For De-escalation**  
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# What is De-escalation?

Verbal de-escalation is a targeted intervention for use with a child who is at risk for aggression.

It involves using calm language and communication techniques that diffuse, redirect, and/or de-escalate a conflict situation.



## TOP 10 TIPS ..... **For De-escalation**

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# Top 10 Tips #1: Be Empathetic

## 1. Be Empathetic:

Be supportive, be empathetic, and try to help the person through their difficulty.

Their Perception is their Reality.

\*Share examples of what *showing empathy* looks like.



**TOP 10 TIPS .....**

**For De-escalation**

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# Top 10 Tips #2: Give Space

## 2. Give Space:

Stand 1.5 to 3 feet away. If you have to move closer, explain your actions.

\*Why is this? Share examples of what *giving space* looks like.



**TOP 10 TIPS .....**

**For De-escalation**

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# Top 10 Tips #3: Stay Calm

## 3. Stay Calm:

Keep your gestures, expressions, movements, and tone-of-voice non-threatening.

\*Share examples of what *staying calm* looks like.



**TOP 10 TIPS .....**

**For De-escalation**

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# Top 10 Tips #4: Stay Rational

## 4. Stay Rational:

Saying or thinking reasonable statements like, "I can handle this." and "I know what to do." will help you stay positive during the moment.

\*Share examples of what *staying rational* looks like.



**TOP 10 TIPS .....**

**For De-escalation**

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# Top 10 Tips #5: Understand Feelings

## 5. Understand Feelings:

**Listen** to their feelings. Figure out what it is they need from the situation and help them meet that need.

*\*Share examples of what understanding their feelings looks like.*



**TOP 10 TIPS .....**

**For De-escalation**

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# Top 10 Tips #6: Ignore

## 6. Sometimes, Ignoring is best:

If a child is trying to engage in a power struggle, ignore the challenge but not the person. (Put down the rope!)

\*Share examples of what *ignoring* looks like.



**TOP 10 TIPS .....**

**For De-escalation**

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# Top 10 Tips #7: Set Limits

## 7. Set Limits:

Set a very simple and clear expectation and stick to it!

\*Share examples of what *setting limits* looks like.



**TOP 10 TIPS .....**

**For De-escalation**

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# Top 10 Tips #8: Pick Your Battles

## 8. Pick Your Battles:

Only insist on the things that *really* matter.  
And when it does matter, follow through!

\*Share examples of what *picking your battles* looks like.



**TOP 10 TIPS .....**

**For De-escalation**

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# Top 10 Tips #9: Allow for Silence

## 9. Allow for Silence

Silence can be very beneficial. It can give someone a chance to process and reflect.

*\*Share examples of what allowing for silence looks like.*



**TOP 10 TIPS .....**

**For De-escalation**

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# Top 10 Tips #10: Allow Time

## 10. Allow for Time

Give a person who is upset time to process and think about what you've said. Don't overwhelm them with prompts.

*\*Share examples of what allowing time looks like.*



**TOP 10 TIPS .....**  
**For De-escalation**

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# Trauma-Informed Practices

**Trauma is prevalent in America, no matter the upbringing**

- Covid-19 now considered an Adverse Childhood Experience (ACE)
- Misbehaviors aren't just kids trying to be difficult or hormonal.
- Won't VS Can't and Brain Development
- Do The Right Thing - Example
- Empathy! It takes a lot of heart and effort on your part to raise our next generation. Thank you!

Source: [pacesconnection.com/](https://pacesconnection.com/)



# Trauma-Informed Language

## Our Partners: The Attachment and Trauma Network (ATN)

- Zoom Support Chats
- Parent [Support](#)
- ATN [Conference](#)
- ATN [Podcast](#)
- Respectful Ways is the only SEL program vetted and approved by ATN trauma-experts



# Grief “I Have the Power” Series Login

Log in at:

<https://respectfulways.com/freetraumacourses/>

Use Coupon Code:

RWTraumaHelp



# Thank You!



Any other thoughts or  
questions about de-escalation  
tips or Respectful Ways?  
Call or email!

## Contact:

Pam McNall, Founder  
RespectfulWays.com

[Pam@RespectfulWays.com](mailto:Pam@RespectfulWays.com)

404.955.8882

Facebook.com/RespectfulWays