

ABCD's from MELD	Example from MELD
<p><b>Anticipate:</b> think through possible scenarios that could possibly happen or you've already seen happen</p>	<p>A racial slur yelled from the stands during a game. Clearly, it's aimed at you.</p>
<p><b>Be Prepared</b></p>	<p>In advance, visualize the situation. Practice your thoughtful response. Role-play if possible.</p>
<p><b>Practice Calm</b></p>	<p>Slow deep breaths counting to 5. Then ask yourself, "What response will bring a result I can be proud of later?"</p>
<p><b>Diffuse</b></p>	<p>In the heat of the moment, peacemakers lead with their heads not their emotions. Adding your fuel to the fire won't bring yourself, your team or your school the honor you want.</p>

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