

THE 24-HOUR RULE

Pause. Breathe. Respond with Confidence.

When kids are upset by a text, group chat, post, or friendship drama, emotions run high. The 24-Hour Rule gives their brain time to calm down so they can respond - not react.

1



STOP

Put the phone down. Take a breath.
Step away from the conversation for a bit.

2



FEEL IT

Name the feeling: hurt, angry, embarrassed, left out, or disappointed.

3



WAIT 24 HOURS

Sleep on it. Big feelings usually feel smaller in the morning.

4



THINK IT THROUGH

What happened? What do I want to say?
Is it kind, true, and necessary?

5



RESPOND WITH PURPOSE

Choose your words carefully -
or decide not to respond at all.

WHY IT WORKS

- ✓ Helps kids stay in control of their emotions.
- ✓ Prevents saying something they will regret.
- ✓ Builds maturity and self-respect.
- ✓ Protects friendships and reputation.



REMEMBER

- ♥ You do not have to respond to everything.
- ♥ You have the power to pause.
- ♥ You have the power to choose.



Mentoring With Heart ♥

Mentor, not monitor

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Elizabeth Buckley | Author, parent, and longtime middle school counselor