

# Manage Aggression

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Manage aggressive behavior by keeping yourself, the student, and others safe.



## **Position Yourself**

- Stand up if you are sitting.
- Step away, putting distance between you and the student.
- Move toward an exit. Do not get pinned in a corner.
- Step outside of the room and peek in.
- Stay alert. Do not turn your back on the student.



## **Scan Environment**

- Remove anything that can be thrown or used to poke or hit.
- Move the student to a private space.
- Take others out of the room.
- Have someone block exits.
- Remove shoes from kickers.



## **Ask for Help**

- Pray for guidance and peace.
- Ask another person to help. Someone may have more experience, be able to stay calmer, or simply try something different.
- Contact a parent for assistance.



## **Remain Positive & Calm**

- Use positive body language
- Point out the positives. "Thank you for telling me how you feel."
- Speak in a soothing voice or stay silent.
- Acknowledge they are upset and that you care about them.
- Be patient.
- Remind the student that he/she is welcomed and loved.