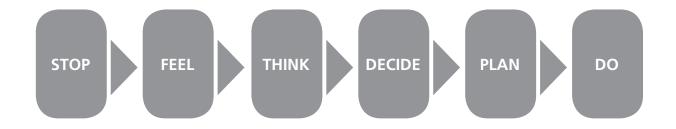
Decision-Making Model



STOP: Assess what is happening. Is it bullying?

FEEL: How do I feel about what is happening?

THINK: Do I think I need to do something about this? Do I need to ask for help?

DECIDE: What choices do I have, and what might the consequences of these choices be?

PLAN: Work out the safest, most effective way to proceed.

DO: Carry out the plan safely.