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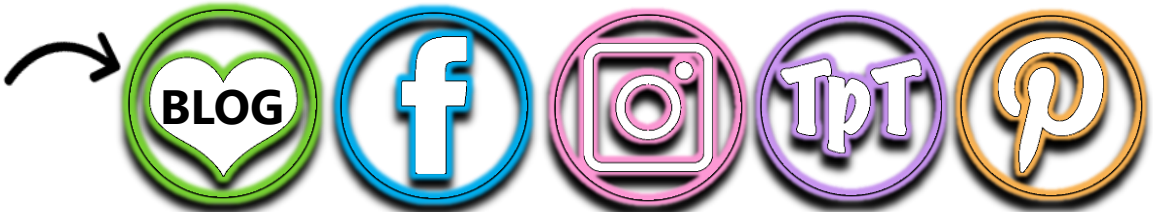
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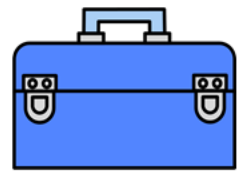
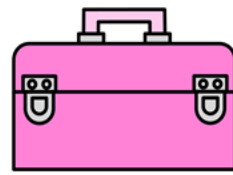
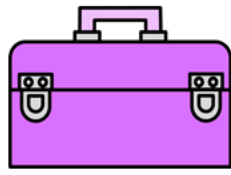
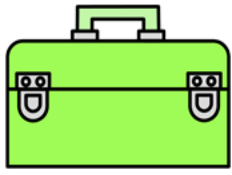
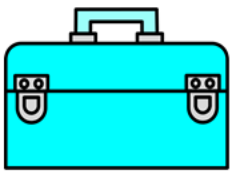


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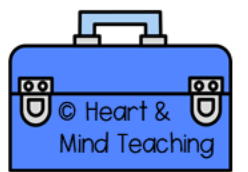
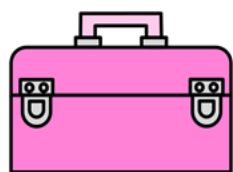
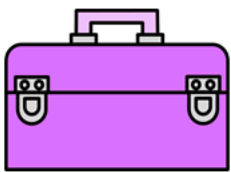
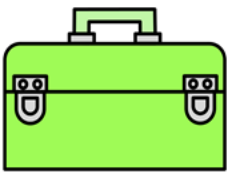


If you have any questions or concerns please email me at:  
[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

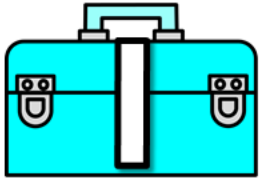
♥  
*Ashley*



# BEHAVIOR TOOLBOX Fighting



# BEHAVIOR TOOLBOX



## Fighting

### What it looks like

\*Student is frequently involved in physical/verbal fights.

\*Student has a strong desire to be seen as the strongest, fastest and most superior. He/she always wants to be the first, the best, and always right.

\*Thrives from provoking and hurting other students.

\*Often complains about unfairness (regarding schoolwork, other students, rules, etc.)

\*Does not have many close friends, other students become fearful of this student.

\*Student solves problems by fighting, often fights without thinking first.

\*Student may act sorry but unable to see another way, other than fighting. He/she justifies fighting by saying someone else started it.

\*When the student loses a fight, he/she will make threats about a future fight, example: "I will get you next time". Losing a fight does not deter  
• future fighting

## Fighting

# BEHAVIOR TOOLBOX



## Fighting

### What to do

\*Establish a relationship with the student so they feel they can talk to you. Speak slowly and quietly. Say you are disappointed because this behavior does not meet the high expectations you have of him/her. Emphasize how much potential they have. The fighter fights because everyone expects them to. Be the person that does not expect it.

\*Identify the problem that caused the fight by meeting with both students together (conflict mediation). Let each student have equal time to talk without interruptions, inform them of this in advance.

\*Ensure the student knows that fighting is not allowed and he/she will not be allowed to remain in school if the fighting continues.

\*Approach the problem directly, acknowledge the mistreatment on both ends and then talk about how to move forward. Ask the students how they think it can be resolved, ask for apologies on both sides and an agreement to start fresh once they walk out the door.

\*After each incident, have the student write out exactly what happened, then have them write various alternative options he/she could have gone with or how they would have done things differently.

\*Discuss with the student if he/she thinks getting into fights is a smart idea, the consequences (going to the office, suspension) not being worth the fight. Make it look like he/she is not being smart by fighting. Tell him/her that the stronger, smarter person controls their behavior and walks away. (Remember, the student wants to be the smartest and strongest)

\*Create goals with the student that will reinforce positive social behavior, and ways to "win" without fighting. Help the student set personal goals within school and home to feel success. This should include responsibilities within the classroom. Reinforce/reward any (even small) changes in behavior.

\*Discuss with the student possible ways to avoid a fight, they can use you as an excuse (Example: I promised Mrs. A that I would not fight, or you are not even worth the trouble of getting suspended)

\*Some parents are supportive of fighting (culture reasons, they themselves are fighters, and/or they do not want their kid to look "weak") but students and their parents should be informed that fighting cannot occur at school.

## Fighting

# BEHAVIOR TOOLBOX



## Fighting

### What NOT to do

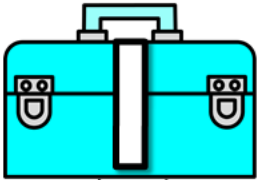
- \*Do not assume that the student started the fight.
- \*Do not refuse to hear the students explanation, this will make them feel devalued.
- \*Do not focus only on the negative behaviors of this student.
- \*Do not fail to inform parents, counselors, and administration of fighting occurrences.
- \*Do not hesitate to give this student responsibilities, they need to feel the success, power, and attention from these duties.
- \*Do not attempt to physically break up a fight. Instead, say "You both do not want more trouble, right?", or "Don't you have enough trouble already, is this really worth it?" or "Why don't you quit now before you get into real trouble?". This allows both students to walk away with their pride intact. It can prevent a fight altogether.
- \*Do not bring personal values/beliefs into the conversation (Example: "Fighting or people who fight are bad") instead help the student see that there are better options and other ways to solve problems that do not hurt people.
- \*Never use power or threaten force. This only convinces the fighter that the person with power wins, and that, he/she needs more power.

## Fighting



# BEHAVIOR TOOLBOX

## Fighting Quick Guide



### What it looks like

\*Student is frequently involved in physical/verbal fights.

\*Student has a strong desire to be seen as the strongest, fastest and most superior. He/she always wants to be the first, the best, and always right.

\*Thrives from provoking and hurting other students.

\*Often complains about unfairness (regarding schoolwork, other students, rules, etc.)

\*When the student loses a fight, he/she will make threats about a future fight, example: "I will get you next time". Losing a fight does not deter future fighting.



### What to do

\*Establish a relationship with the student so they feel they can talk to you. Speak slowly and quietly. Express that you are disappointed because this kind of behavior does not meet the high expectations you have of him/her.

\*Identify the problem that caused the fight by meeting with both students together.

\*Ensure the student knows that fighting is not allowed and he/she will not be allowed to remain in school if fighting continues.

\*Approach the problem directly, acknowledge the mistreatment on both ends and then talk about how to move forward. Ask the students how they think it can be resolved, ask for apologies on both sides and an agreement to start fresh once they walk out the door.

\*After each incident, have the student write out what happened, then have them write various alternative options he/she could have gone with.

\*Create goals with the student that will reinforce positive behavior, and ways to "win" without fighting. Help the student set personal goals within school and home to feel success. This should include responsibilities within the class. Reinforce/reward any (even small) changes in behavior.

\*Discuss with the student possible ways to avoid a fight, for example they can use you as an excuse (Example: I promised Mrs. A that I would not fight, or you are not even worth the trouble of getting suspended).



### What NOT to do

\*Do not assume that the student started the fight.

\*Do not refuse to hear the students explanation, this will make them feel devalued.

\*Do not focus only on the negative behaviors of this student.

\*Do not fail to inform parents, counselors, and administration of fighting occurrences.

\*Do not hesitate to give this student responsibilities, they need to feel the success, power, and attention from these duties.

\*Never use power or threaten force.



# Fighting

## What to do (Cont.)

consequences (going to the office, suspension) not being worth the fight. Make it look like he/she is not being smart by fighting. Tell him/her that the stronger, smarter person controls their behavior and walks away. (Remember, the student wants to be the smartest and strongest)

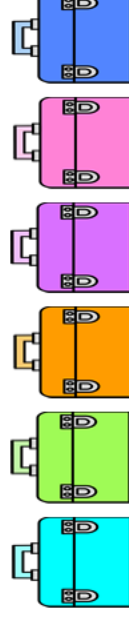
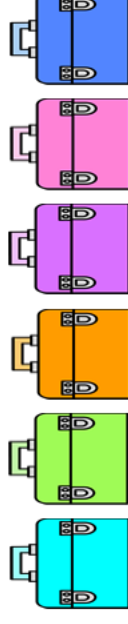
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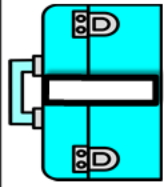
\*Discuss with the student possible ways to avoid a fight, they can use you as an excuse (Example: I promised Mrs. A that I would not fight, or you are not even worth the trouble of getting suspended)  
\*Some parents are supportive of fighting (culture reasons, they themselves are fighters, and/or they do not want their kid to look "weak") but students and their parents should be informed that fighting cannot occur at school.

"A change in  
behavior  
begins with a  
change in  
the heart."

# BEHAVIOR TOOLBOX

## Fighting

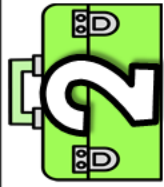




# Fighting

## What it looks like

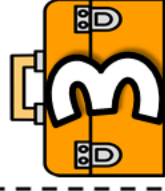
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- He/she justifies fighting by saying someone else started it.
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# Fighting

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  - \*Ensure the student knows that fighting is not allowed and he/she will not be allowed to remain in school if the fighting continues.
  - \*Approach the problem directly, acknowledge the mistreatment on both ends and then talk about how to move forward. Ask the students how they think it can be resolved, ask for apologies on both sides and an agreement to start fresh once they walk out the door.
  - \*After each incident, have the student write out exactly what happened, then have them write various alternative options he/she could have gone with or how they would have done things differently.
  - \*Discuss with the student if he/she thinks getting into fights is a smart idea, the....
- (Continues on the flap)



# Fighting

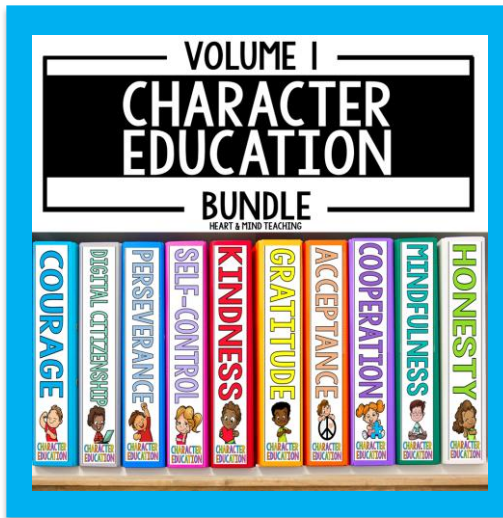
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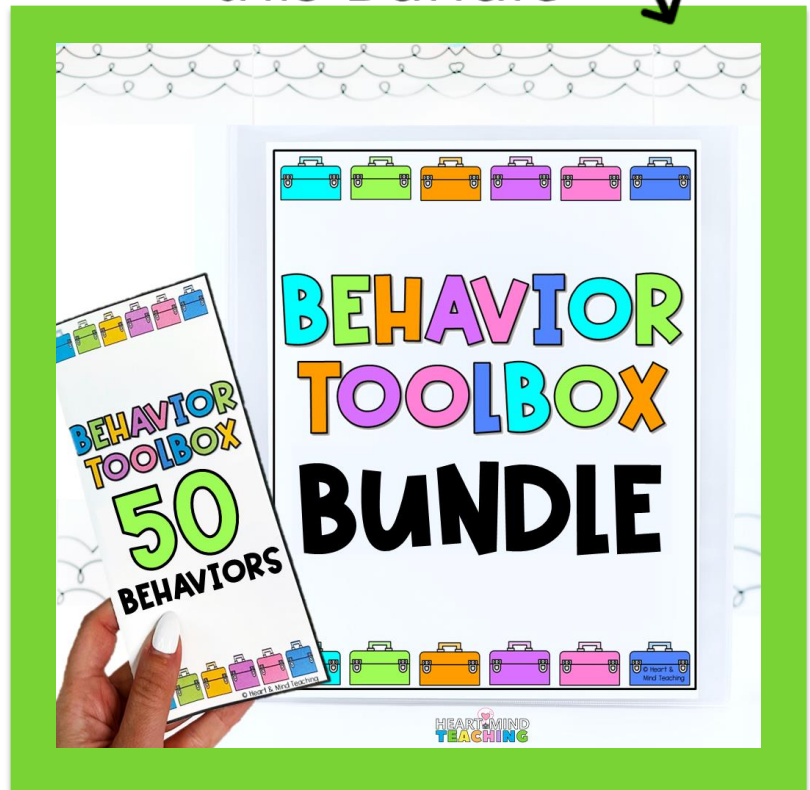
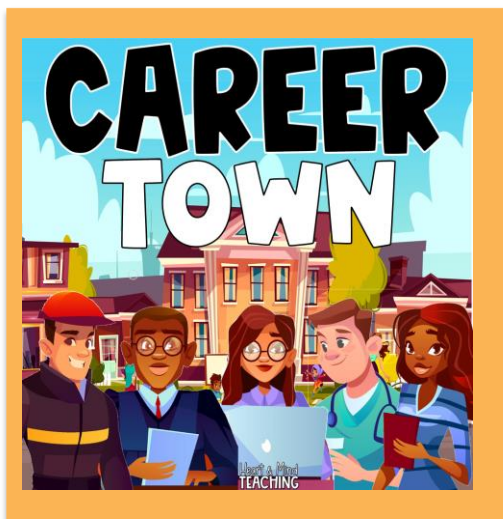


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# THANK YOU

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Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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