

CHILDREN'S TIP SHEET: RESPONDING TO DISRESPECTFUL BEHAVIOURS

Strategies to minimise or respond to disrespectful behaviour.

Some strategies will work better than others you might need to try a few.

Avoid high-risk places

which are out of sight or hearing of the teacher or coach, or where children who have behaved disrespectfully towards them or other people before are likely to meet up or play.

Confuse them

e.g. Smile at the same time as you shake your head but don't look at them while you are doing it.

Walk away to a safer place

if someone is behaving disrespectfully towards you. Break eye contact, shake your head and go somewhere else. Move to a safer place which is more visible to others and/or closer to a teacher.

Protect yourself online

Don't share your passwords with anyone and be careful not to include any private information or photos online which could be accessed by others and used in a malicious way.



Call them out

This means letting the other person know that you are aware that they are trying to treat you disrespectfully e.g.

- 'I don't know why you feel the need to put me down but I would like you to stop doing it.'
- 'Good one, Adam' (i.e. 'I know what you're trying to do and I'm unimpressed.')

Speaking Up and Asking Them to Stop

Stand tall, make eye contact, don't smile and loudly but calmly say 'stop it!' while staring at them and not breaking eye contact.

Use I-statements such as: 'I find your behaviour disrespectful and I want you to stop doing it.'

Make and keep eye contact and then firmly but politely ask/tell them to stop and keep repeating your request e.g.:

- 'Back off please.'
- 'Please go away and leave me alone.'
- 'I don't know why you feel such a need to put me down but I want you to stop doing it.'

Use 'who cares' non-verbal behaviour and/or remarks such as

- 'I'm sorry you are having a bad day. I hope tomorrow is better.'
 - 'In order for you to insult me, I'd first have to respect your opinion.'
 - 'Keep talking - not listening.'
 - 'Big deal.'
 - 'What's your problem?'
 - 'Haven't you got anything better to do?'
- Break eye contact, shake your head a few times, say 'whatever' and then keep doing what you were doing or walk/ move away.