
COUNSELOR CORNER ISSUE #13 HANDLING PUT-DOWNS



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I AM THE SCHOOL COUNSELOR
AT BOTH PERUVIAN PARK
ELEMENTARY AND SUNRISE
ELEMENTARY. PLEASE REACH
OUT IF YOU HAVE ANY
QUESTIONS, OR YOU NEED
SOMEONE TO TALK TO ABOUT
HOW YOU ARE FEELING.

COMMON CAUSE OF CONFLICT

Insults and comments that are mean
commonly cause conflict.

LEARN PROPER SKILLS

If not handled well, put-downs can
lead to fights or other problems.

PUT-DOWNS AND INSULTS OFTEN PORTRAYED AS FUNNY

Popular media many times portrays put-downs and insults as funny. This can give us the message that by insulting others, and being mean, we can be rewarded by being thought of as funny, and becoming popular.

We need to be able to think about what really makes something funny. Comedy should not be at another person's expense. We need to practice perspective taking, and think about how we would feel if someone said these things to us. If we wouldn't like someone to say something to us, we shouldn't say those things to others.

CALMING DOWN STEPS

If someone does say something mean to us, we need to practice our calming down steps:

- Stop—Recognize our feelings are overwhelming, and use our stop signal
 - Name our feeling—"I'm feeling embarrassed", or "I'm feeling angry"
 - Breathing—Do deep, centered breathing
 - Count—often helpful to count backwards, or by 2's or 3's
 - Positive self-talk—"This person thinks it is funny to say mean things—this isn't really true", or "I can take a few minutes to calm down so I don't make things worse".
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PRACTICE BEING ASSERTIVE

It is important to calm down when someone has said something mean, so that we can respond assertively, rather than aggressively. We can tell the person, "I don't think that's funny", or ask them to stop. If the put-downs continue after repeatedly asking the person to stop, we need to get help from an adult.