

What You Can Do About Fights

You can help prevent fights by getting your head in the right place before they occur. A little preparation can go a long way to keeping things cool when tempers flare.

- Know your triggers. Understand what sets you off and find ways to diffuse your own anger before it erupts.
- If controlling your anger is a problem, enroll in an after-school program at a community center, church or other location that offers conflict resolution training.
- In a tense situation, give everyone an emotional out. Most fights occur because one or more participants have been backed into a corner emotionally and feel they have no way to save face other than to fight.
- Be willing to concede something to your opponent. Understand why they're angry and try to find something you're willing to offer. Use your head, not your fists.
- Never fight with anyone using drugs or alcohol, or anyone carrying a weapon.
- Never carry a weapon yourself. Having a weapon greatly increases your chance of being seriously injured, or injuring someone not involved in the dispute.
- Be a responsible bystander. Never cheer on a fight, it escalates the intensity and leads to more serious injuries for the participants.

Source: Keep Schools Safe www.keepschoolssafe.org