**5 Steps to Taking a S.T.A.N.D. to Helping Solve Conflicts !**

S **S = Stop and Calm Down**

T **Take Turns Telling What the Problem Is: No put downs, no name-calling** and no  **interrupting**:

A **List the Alternatives to Resolving It**

N **N = Narrow Choices**

D **Decide the Best Choice and Do It!**