

SPEAK UP!



- Make sure you are safe.**
(If necessary, remove yourself from the environment or yell.)
- Trust any “uh-oh” feelings.**
(See the situation for what it is.)
(Beware of temptation to be “nice” or deny the behavior.)
- Communicate directly to the offending person**
(in person or by letter).

<p>I feel _____ when _____. I need _____.</p>

1. Use “I” messages to communicate effect of behavior.
 2. Name the specific behavior.
(Try to avoid using the word “you” to describe behavior that would be offensive no matter who did it.)
 3. State desired change in behavior
(Please do not _____ ever again.)
 4. State consequence of repeating behavior
(or I will _____.)
- Document.**
 - Tell two or more trusted friends what happened.**
 - Practice self-care.**