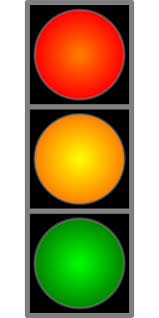
***STOP - THINK - CHOOSE***



**STOP – Take a breath, count to 5. Consider everyone’s feelings.**

**THINK – What is the problem? What are my choices? What are the consequences of those choices?**

**CHOOSE – Make a choice (consult with a helpful person for support!)**