

# STOP Steps



1. STOP! and say how you are feeling.



Relax

## 2. THINK

- Is what I'm thinking about doing going to break a rule?
- Will I hurt someone or something?
- Will I get in trouble if I do this?



## 3. OPTIONS

- Think of 3 things you could do instead: Will I break a rule? Will I get in trouble if I do this? Will I hurt someone or something?



4. PICK the best option

Can be used with children ages 10 and up.

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