

### The 'STOP and Tell Hand'

At Normanby Primary School, we encourage pupils to use the 'STOP and Tell Hand' as a reminder of the five things that help them take control of the situation. We believe that trying to self-solve empowers the child and does not allow others to try to intimidate.

1. **Ignore** - Do not respond to a rise.
2. **Walk Away** - Remove yourself from a situation you don't like.
3. **Talk Friendly** - E.g. 'Please don't say that.'
4. **Talk Firmly** - E.g. 'I REALLY don't like you doing that!'
5. **Tell an Adult** - Tell an adult on duty if other steps have been exhausted.

