

Remember, belonging to a group is fun. But sometimes groups can pressure you to do things you know are wrong. Always think for yourself. Don't let the group think for you.



Walk away when you are too angry to be reasonable. Cool down. Then try talking.



Ask a friend or trusted adult to help solve the problem.



Respect yourself and others, too. Even people who dress in a different way or who look different, deserve to be treated with respect.



**Stop!
Think!**



The Crisis Centre

24-Hour Hotline:

328-0922

Fax: 328-7824

Family Violence Unit

Ministry of Health and
Social Development

322-4999

email: bahamascrisiscentre@yahoo.com
www.bahamascrisiscentre.org

Controlling anger isn't always easy, but it is necessary in order to avoid trouble.

1. **Stop and Think.** Don't lose control. Avoid making hasty comments or actions. Give yourself time to think things through.



Listen when the other person is talking. Try to understand his or her point of view



Communicate by saying exactly what you mean in a clear way.



Move away fast if someone has a weapon, or has been using alcohol or other drugs. That isn't the time to reason with someone.



Think about it. Violence on TV may look exciting and even funny. In real life, violence is frightening and dangerous.



Avoid people who tease or threaten you. Who needs friends like that?

