



# A Quick Guide to De-Escalation

## Here's What...

Write or discuss the information shared in the “Quick Guide to De-Escalation”. What information (if any) resonated with you? Any surprises?

## So What?

Write or discuss your interpretation of what was presented. Do you or does your program set up the environment with intention? What skills are familiar or not? Practice using some of the communication tips; what are some if/then, when then statements you could use in your setting? What behaviors will require the most practice for you? What skills?

Work through some scenarios that you have seen in your program.

## Now What?

Write or discuss your plan of action. What from the presentation do you anticipate using during the next youth escalation? What, if anything, do you plan on doing differently the next time you are called upon to de-escalate a child/youth?