

## De-escalation

The following basic de-escalation techniques are often used by teachers to manage negative behaviour. Practice these in your day-to-day encounters, personally and professionally. They work. To de-escalate a situation, it is wise to do the following:

- Stand at an angle to the disturbed person, which is less threatening than directly facing him or her.
- Do not invade person's pace; stay at least four feet from the individual.
- Do not maintain a rigid stance or cause the individual to feel cornered.
- Do not touch the individual, unless it is necessary to manage extreme behavior
- Break eye contact with the individual to reduce the suggestion of aggression or control. Ask the individual, "Why are you so angry?"