**How to NOT say Hurtful Things**

Sometimes kids say things that hurt other kids. They do it when they are angry, when they are excited, when they are fooling around, or when they think someone is different.

Saying things about a person in a mean way can make the person feel shocked and surprised and very hurt. **It can make people not want to be around the person who is saying the mean things about them.**

If a kid says hurtful things to someone it can definitely get him or her into trouble. They might get detention or lose something.

Saying such things is an **unexpected behavior**. People feel uncomfortable when unexpected behaviors occur.



**Why is he talking like that – so uncool**

When someone feels like saying something that will make someone else feel uncomfortable, they can do other things.

 Reference to Expected/Unexpected, and thought bubble inspired by M.G. Winner and L. Kuypers www.socialthinking.com

w

www.socialthinking.com

 [www.social](http://www.social) thinking.com

Three good ideas are:

1. If you think someone is different and you have questions, ask an adult in private.
2. Learn about differences, don’t stay confused about it.



1. Think in your head – but not out loud.

This is like a ‘Thinking Bubble’ in your head. It is private and won’t make anyone feel bad.

**No No one can hear me – I can think and – no one will be upsetone**



A ‘Talking Bubble’ is when the words that come out of my mouth are **EXPECTED**–so people will feel ‘OK’ with me.

I have to work hard so my ‘Thinking Bubble’ doesn’t POP – that is when things **UNEXPECTED** will happen. Words that should **not** come out might. Then I will get into trouble and make everyone feel bad.

 Reference to Expected/Unexpected, and thought bubble inspired by M.G. Winner and L. Kuypers www.socialthinking.com

w

www.socialthinking.com

 [www.social](http://www.social) thinking.com



So – I’m going to

1. **Ask questions in private**
2. **Learn about differences**
3. **Keep a thinking bubble in my head.**

 Reference to Expected/Unexpected, and thought bubble inspired by M.G. Winner and L. Kuypers www.socialthinking.com

w

www.socialthinking.com

 [www.social](http://www.social) thinking.com