

**LESSON: *I Can Handle Put-Downs***

**OUTLINE**

1. Introduce the term “**put-down**”. Ask students for examples of put-downs.
2. Explain that put-downs can hurt your feelings or make you mad. Put-downs can be about the way we look or something we do.
3. Reacting the right way can help make the put-downs stop.
4. 4 Ways to handle put-downs with **“comebacks”**
5. **question it**
6. **turn it into a compliment**
7. **ignore it and walk away**
8. **be amazed**

**\*\*Emphasize the importance of delivering comebacks while staying calm and confident\*\***

1. So what do YOU think? discussion question
2. Give out the magnet cards

**MATERIALS NEEDED:**

* Facilitator’s Guide
* Computer & Projector
* Activity Sheet(s) & materials
* Magnet Cards