

# Warning Signs for an Adolescent Fight



## Tips

1. Defuse a bad situation by staying calm.
2. Try and shift the focus of the group to ease the tension.
3. Potentially use humor to find something to laugh during the situation
4. Be confident and practice your response
5. Make it clear you do not desire to entertain the fighting
6. Trust your instinct
7. Make safety a priority
8. Set boundaries and use your voice to avoid fighting

## Prepare:

- Understand the room
- Know your student's triggers
- Where the emergency exits are
- Know important phone numbers

## Warning Signs:

### Mood change

If you notice a student's body language change to seem more aggressive, stay aware.

### Voice elevation

If you start to hear students yelling or using profanity, be attentive to the group.

### Instigators

Notice and hear comments that support the fight starting.

### Visual Cues

Students start to stand and form circles. Students get in a group and limbs start flying.