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Lesson 15: Handling Put-Downs

What Is My Child Learning?

Your child is learning to identify strategies for handling put-downs and demonstrate assertive responses to put-downs. Your child is also learning to demonstrate what they've learned about strategies for calming down.

Why Is This Important?

Insults and mean comments are common causes of conflict among children. Your child can keep their emotions under control by applying the Calming-Down Strategies, which give them a chance to think through the situation and improve their ability to handle put-downs and escalating conflicts.

After the Lesson

- Have your child write answers to these questions: Why are put-downs not okay? Pretend someone put you down about the way you look. What is a positive thing you could say to yourself?
- Work with your child to complete the lesson [Home Link](#).

Daily Practice

Try doing these activities with your child to help reinforce what they've learned:

- Have your child write or tell you about how they might feel if someone made fun of the way they looked, and what strategies they could use to handle the situation.
- Ask your child what they could do if they saw someone else experience a put-down.

Create a Second Step Account

1. Go to www.secondstep.org
2. Under New Users, click "Create Account"
3. Complete the required fields
4. Add Program Activation Key: SSP4 FAMI LY74

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