



# STRONG & SAFE

Discipline That Builds Respect Without Breaking Trust

*Fear can stop behavior. Safety builds self-control.*



## WHEN YOU FEEL TRIGGERED

- ✓ Pause & breathe
- ✓ Lower your voice
- ✓ Step back, don't lunge
- ✓ Lead with calm

## DURING A MELTDOWN

### Regulate First

- "You're safe. I'm here."
- Fewer words, calm tone
- Offer water/movement
- No lectures or threats



## WHEN THEY HIDE OR REFUSE

- ✓ Lower intensity
- ✓ Break into 1 small step
- ✓ Offer choices

"Let's start with one step."

## FIRM < FORCEFUL

Acknowledge → Limit → Redirect

"You're angry."

I won't let you hit."

"You can stomp or squeeze a pillow."



## IF YOU'VE BEEN PHYSICALLY AGGRESSIVE

- Repair, don't defend
- "I handled that wrong."
- "You deserve to feel safe."
- "I'm working on staying calm."

## WHAT BUILDS RESPECT



Safety Structure Calm Consistency



Leadership



Connection

Goal: Raise Self-Control, Not Just Compliance