



## “I Statements”

- The "I-Statement" is a tool we can all use to respectfully stand up for ourselves!
- It is a basic format that provides your "best-bet" results for difficult conversations.
- "I-Statements" are much less threatening than "You-Messages" and therefore can help to defuse conflict, while still allowing you to say what you need to.
- This takes practice, but with some practice everyone (adults and children!!) can learn to communicate significantly better with each other.
- **It may be helpful to place this in a visible location in your classroom!!**

### The "I-Statement"

“I feel \_\_\_\_\_

(name the feeling)

“when \_\_\_\_\_

“and I would like \_\_\_\_\_”

(Say what you would like to happen instead)