



Dear Counselling Corner:

My child told me yesterday that they had learned from the school counsellor about a problem solving model called WITS. It sounded very interesting and also useful! I believe that this program could definitely help my child solve conflict problems with others. Will you be so kind as to send information about it to me? Thanks!

Grateful mom

Dear Grateful:

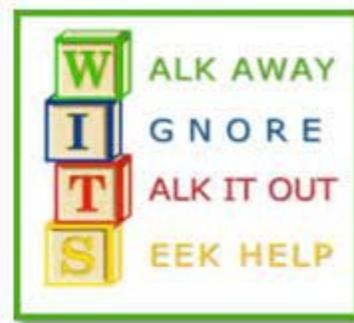
Yes, of course! WITS is a problem-solving model which we are using at our school and at many other schools in the Coquitlam School District. It stands for: W= Walk Away; T=Talk about it; I=Ignore; S=Seek help. I have attached a WITS poster for you below to print off and put up somewhere visible like on your fridge! The goal of WITS is to provide kids with skills to handle conflict situations, and the more kids practice it, the more natural it will be for them to use. When our girls were young, we would regularly have impromptu role plays to practice our WITS in the kitchen after school. It was a great learning experience for all of us (and funny too!). As our girls grew up, they would sometimes catch family members in the 'moment' and remind them to use their WITS!

WITS

W – Walk away (small problems)

I – Ignore (small problems)

T – Talk about it (medium problems)



Three steps:

1. Say: 'Please stop _____.' And then ask in a kind way, 'Are you okay?'
2. If the problem continues, say: 'If you don't stop, you are forcing me to get help.'
3. If the problem **STILL** continues, say: 'You did not stop and now you are forcing me to get help,' and **go and get help!**

S – Seek help (huge problems)