

# The 5-4-3-2-1 Plan

Empowering Kids to safely stand up to bullying starts with planning and practice - and for many neurodivergent children, using a simple 5-4-3-2-1 script can make all the difference.

## 5 Things I can Say

Have calm phrases ready to help kids respond to unkind comments or actions.

*Examples:*

- I'm not okay with that
- I'm walking away now
- Please stop, That's not kind
- That's your opinion, not my reality
- You must be having a rough day



## 4 People Who Can Help

Identify who your child's safe people are.

*Examples:*

- Teachers
- Counselors
- Parents or Guardians
- Office Staff



## 3 Places I Can Go

Have some ideas for safe spaces to go to.

*Examples:*

- Near an adult
- Front Office
- Nurse's Office



## 2 Ways to Stay Calm

Know some ways to calm your body.

*Examples:*

- Practice slow breathing
- Give yourself a tight hug



## 1 Thing to Tell Myself

Have a script they can tell themselves when needed.

*Example:*

- I am kind, I am safe, I am not alone.

