

Big Deals & Little Deals and What to Do When They Happen to You

Since the beginning of the year here at Sage Creek, students and staff (Grades 1-6) have been implementing a conflict resolution skills program called “BIG Deals & Little Deals and What to Do When They Happen to You.”

BIG deals are situations where someone’s body is getting hurt, someone is doing something dangerous, or someone is feeling worried or afraid that something terrible might happen to them or someone else (ie. Threats). When a BIG deal happens students have been instructed to GO Report it to an adult right away.

Little deals are situations where someone is bothering you or hurting your feelings (not your body, your feelings). When a little deal happens, students have been taught six strategies they can use to try to solve the problem themselves. These strategies are: 1) Use a calm voice to ask them to stop, 2) Move away from the person, 3) Ignore the person by not looking at, listening to, or speaking to them, 4) Shrug your shoulders and say “Oh well”—don’t let what a person says/does bother you, 5) Remember that you are in charge of yourself, no one else, and 6) Don’t do it back! That only makes things worse.

Two special exceptions can be applied under certain circumstances. The first is that if a student is unsure if a situation is a BIG deal or a little deal they are encouraged to go to an adult right away to get help in deciding which it is. The second is what we call the “4 times Rule”: If bothering/hurt feelings persists at the hands of the same person/group and after the “victim” has tried using a variety of the taught strategies 1...2...3...4 times, then the little deal becomes a BIG deal and the situations should be reported to an adult.

It has been great to see students successfully using these skills and becoming more confident and independent problem solvers! (And the teachers appreciate any reduction of “little” fires needing to be put out too!)