



FIGURE 5.5 RAP Strategy Card for Secondary Students

	<p>RAP Strategy</p>		<p>When I feel that I am spoken to harshly, verbally attacked, or judged unfairly, I will</p> <ol style="list-style-type: none">1. Put my personal feelings aside2. Think about what I am going to say3. Deliver what I am going to say so it is Respectful, And Perform it using appropriate words, body language, and tone of voice4. Once I am away from the person, I will vent my real feelings to myself or someone I trust.
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