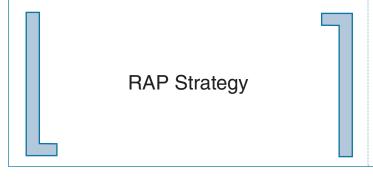
FIGURE 5.5 RAP Strategy Card for Secondary Students



When I feel that I am spoken to harshly, verbally attacked, or judged unfairly, I will

- 1. Put my personal feelings aside
- 2. Think about what I am going to say
- 3. Deliver what I am going to say so it is **Respectful, And Perform** it using appropriate words, body language, and tone of voice
- 4. Once I am away from the person, I will vent my real feelings to myself or someone I trust.