

STOP SKILL for Teens



Trigger:
See a screenshot.



Urge: Defend publicly.



STOP



S: Put phone
face down.



T: Slow exhale.



O: Observe
facts vs story.



P: Separate
correct them.



P: Proceed
mindfully.

When to Use STOP

Friendship



Wait to know
what happened

Parent Argument



Need a few minutes
to answer

Online Post



Save draft,
close app

