

# Staying Out of Fights

A middle school boy discovered that he could keep himself out of fights by using the same saying that's used in fire prevention: "Stop, Drop, and Roll." This is what the boy recommends:

Here's what I realized after I got suspended for fighting: If someone tries to tempt you to fight, don't do it. There's no realistic point to fighting. If somebody's picking on you, that person might have a troubled life. Their problems might lead them to act differently than they should. What I like to do when someone tries to get me to fight is stop, drop, and roll.

**STOP to think about it.**

**DROP whatever you want to say or do that's not respectful.**

**ROLL on over to what you're going to do next.**

Instead of getting pulled into fights, focus on your schoolwork. That's what I do. Many a day, people try to get me involved in fights. If someone intentionally throws things at me, I don't let it get to me. People will egg me on and try to get me to hit the other person. I just try to let their words go and do what I know is right.

I learned my lesson when I was in sixth grade. This kid was throwing things at me. We just came back from an assembly. So I pushed him and he pushed me back. We got sent to the office and we started kicking each other. It was a mistake. I could have just let it go, something stupid like that, but I didn't. We both ended up getting suspended. Now I know better.

## Think About It

Is there a place in your life where you can Stop, Drop, and Roll to stay out of an argument or a fight?

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