

# Responding to Harmful Behaviors

Harmful words and actions can be subtle behaviors or can be straightforward and intense. Harmful behaviors can be verbal or non-verbal, conscious or unconscious. The person doing the harmful act may or may not be aware of the effects of their action or behavior. Being on the receiving end of a harmful social interaction can negatively affect the recipient’s health and wellbeing.

With a partner or in a small group, write a short fictional scenario/statement below.

Examples of harmful behavior a person might encounter	How might a person on the receiving end recognize they are getting out of their Resilient Zone/being negatively impacted by the situation?	How can the person use self-regulation, self-advocacy and/or self agency to deal with the harmful behavior in a proactive way?