I Can Stand up for Myself

Sensory/Social Stories For Enjoyment Of Life Events And Activities
By Lori Lester,

Sometimes I need to stand up for myself. This means to say what I need or what is right. It is important to say these things in a kind and firm voice.
Sometimes kids tease each other. They may do this because they are bored or because they are being unkind. It may make me sad when this happens. If someone is teasing me I can stand up for myself.

Sometimes kids take things from each other. If someone takes my toy without asking I may feel mad. If someone takes my toy without asking, I can stand up for myself.

Sometimes kids hurt each other. It might be an accident or it might be because their body is not calm. Hurting a friend is unexpected and it makes me sad. If a friend hurts me I can stand up for myself.
To stand up for myself I can do these things:

1. Get Calm
2. Stand straight and tall
3. Look in the person’s eyes
4. Say what you mean in a strong clear respectful voice.
Getting Calm

Sometimes when someone says or does something that hurts me I may get mad. When I am mad sometimes my body gets too high. I need to do something to help my body get calm so I can stand up for myself. To help my body get calm I can give myself a hug, do hand presses, and take deep breaths.
Stand straight and tall

When my body is calm I can stand straight and tall. This can help me feel brave and it can tell the person who hurt me that I am serious. Serious means that I mean what I am saying and that it is important.
Look at the person’s eyes

When I am standing up for myself I can look at the person I am speaking too. I can face them with my whole body too. When my eyes and body are facing the person, they will know I am talking to them and that it is important.
Say what you mean in a strong, clear, respectful voice

I can tell my friend what I mean with a kind and strong voice. I can use my words to tell them what I need. I could say:

- “That hurt my feelings”
- “It’s still my turn”
- “I don’t like it when you do that”
- “That makes me feel sad”
- “Please stop”
If I do all these things:

1. Get Calm
2. Stand straight and tall
3. Look at the person I am speaking to
4. Say what you mean in a strong clear respectful voice.

And my friend does not listen, I can use a calm body to walk away. I can tell a teacher or a parent what happened and they can help me solve the problem.