



# 7 Elements of Expectation

## RESPONSIBLE

Be responsible for my own actions

Own what you do and say

## RESPECTFUL

Respect others

Treat others how you want to be treated

## SAFE

Be safe

Watch out for yourselves and others

## CHOICE

Am I making the RIGHT choice?

Every choice you make has a consequence

Taking time to REFLECT

What impact are my actions having on others?

How are my actions impacting on others: me, my learning, my family, my friends, others around me?

Strategies to RESOLVE

How can I fix what is happening?

How can I make it better for everyone?

- > Identifying the triggers
- > Planning for prevention
- > Making mindful choices

Strategies to RESTART

Start over again in a positive way

Starting over, rebuilding relationships in a positive way and making better choices.