

Name \_\_\_\_\_

## Texting Time-Out: Turning Down the Heat Answer Key

### Sample De-escalating Responses

These sample responses show how to defuse tension without ignoring the issue. Students' answers may vary, but they should demonstrate maturity, calm tone, and a desire to resolve-not fuel-the conflict.

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#### Text Thread 1 (Meltdown):

"I'm sorry you feel hurt. That was never my goal. If you ever want to talk it through, I'm open."

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#### Text Thread 2 (Blame):

"I know you're upset. I really didn't mean to hurt you, and I'd like to explain if you're willing to listen."

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#### Text Thread 3 (Accusation):

"I get that you're angry. I want to clear this up, but not by fighting. Can we talk when things calm down?"

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#### Text Thread 4 (Public Shaming):

"I'm really sorry this got to this point. I never meant to talk behind your back, and I'd like to fix this privately if you're open to it."

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