

The MetaSTOP[®] Method for Schools

A practical method for interrupting fear-driven behaviour and creating enough space for a different response.



For teachers

'STOP IT' here does not mean 'stop the behaviour'. It means place the problem into the method.
Guide the pupil through the steps below.
Repeated use helps pupils internalise the sequence and begin to use it independently.

1



S - STOP

Interrupt the fear-driven reaction. Pause long enough to regain control before you act.

2



T - THINK

Work out what is really happening. Separate fear, pressure and assumption from truth and reality.

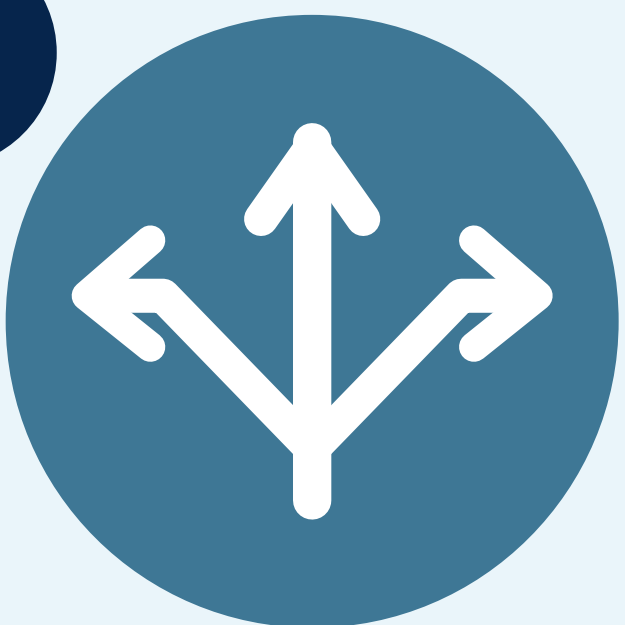
3



O - OPTIONS

Find more than one realistic response. Fear narrows choices. Widen the field.

4



P - PREPARE

Choose the best response and get ready to carry it out.

5



GO

Act. Action creates feedback, and feedback teaches you what to do next time.

STOP IT = put the problem into the method.



Why it matters

MetaSTOP helps pupils move from reaction to response.
Over time, it supports earlier self-intervention, with adult guidance still available when needed.

For further guidance and understanding of MetaSTOP within the wider STOP Fearing Fear[®] framework:

Free professional resource - Before Behaviour Escalates

stopfearingfear.com