

# Respond To The Risk

*Understanding when it is unsafe to de-escalate*

Emotional crisis can often be de-escalated. The goal is to calm the situation so that discussion and problem solving is possible. There are different strategies, but you also need to know when to step back for your own safety.

## ***It is unsafe to de-escalate a person when:***

- You no longer feel safe.
- You perceive or have evidence that there is danger to yourself and others
- Your emotions are escalated.
- The person is unable to follow simple directions.
- The person has a weapon.



This microlearning is part of the Provincial Violence Prevention Curriculum eLearning course developed by SWITCH BC, with union and employer partners.

Learn more at [switchbc.ca/programs/violence-prevention](https://switchbc.ca/programs/violence-prevention)

