

PREMO

P What is the **problem**?
What's truly going on?

R What is my **relationship**
to the people involved?

E What's the **environment**
like? Who's around?

M What's my **mood** or
"internal weather"?

O What are my **options**?
What Actions might
work here?

Adapted with some changes from the Community Matters Safe School Ambassadors (SSA) Program