

Resolving Conflicts and Preventing Violence

Dear Parent or Guardian,

Your teen's health class is learning about ways to resolve conflicts and prevent violence. Because conflict and even violence are such common factors in students' lives, we will focus on specific approaches for recognizing the real source of a conflict, practicing means of nonviolent conflict resolution, and developing attitudes and behaviors that protect teens from violence. We will also discuss the problems of abuse, both within families and in dating relationships.

Some questions your teen will explore as we study this chapter are: *What is conflict, and should I be able to avoid it altogether? How can I develop healthy practices for resolving conflicts? What are some of the factors that affect the rise of violence, especially among teens? What can I do to help curb the spread of violence? Where can victims of abuse or rape go for help?*

To support and extend our classroom work, please plan to complete one or more of the following activities with your teenager:

- Ask your teen to identify the Three R's of nonviolent conflict resolution. With your teen and other family members, discuss how you can incorporate these attitudes and behaviors into conflict resolution within your own family.
- When watching TV news shows or dramatic programs with your teen, identify instances of teen violence. Together, discuss these incidents: What happened? With what results? How do you think the violence could have been avoided?
- With your teen, identify specific sources of help for a person who has been abused. For example, you might list the names and phone numbers of close family friends, clergy members, physicians, and a local rape crisis center.

Please plan other activities you think will help prepare your son or daughter to resolve conflicts peacefully and resist violence. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health education.

Sincerely,

Health Teacher