

Dear Parent or Guardian,

Your child's health class is currently studying conflict resolution and violence prevention. Key to our work will be an understanding of the causes and consequences of abuse—the physical, emotional, or mental mistreatment of another person. Our goal is to more fully understand the nature of conflict in our lives and to learn constructive, positive, and nonviolent ways of resolving it.

Some questions your child will answer as we study these topics are: *What causes conflicts to become violent? How can I manage my anger constructively? What are some techniques used to manage conflict constructively? How does peer mediation work in schools? Who can become a peer mediator? What is abuse? How does violence affect a person's health and wellness? What is sexual harassment?* and many others.

As you can see, these questions go to the very heart of serious social and personal issues. By answering them, your child will learn how to effectively handle the inevitable conflicts of life. Your child will also learn valuable safety skills that can keep him or her from becoming a victim.

To support and extend our classroom work, please set aside some time during the next few weeks to complete one or more of the following activities with your teenager:

- Make a Safety Checklist together for posting in your home. It can serve as a reminder of various safety rules—to walk in lighted areas, always let an adult know where you are, and so on—for everyone in the house.
- Avoid watching television shows that glorify or legitimize violence as a way to settle disputes. Do use television shows as a springboard to discuss with your teenagers the ways that characters handle conflicts in positive ways.
- As a family, organize or join a Neighborhood Watch or other crime prevention organization. Encourage your teenager to play an active role in the organization.

Please feel free to engage in any other activities you think will help your teenager stay safe and avoid violence and abuse. Thank you for supporting our classroom work. As always, you may contact me for further information.

Sincerely,

Health Teacher