

Chapter**9****Parent Letter and Activities**

Dear Parent or Guardian,

Your teen's health class is currently learning about ways to resolve conflicts and prevent violence and abuse. We will discuss how to recognize the common causes of conflict and ways to keep conflict from escalating. Next we will address methods for resolving conflicts peacefully. We will discuss the problem of violence and explore ways to stop violence at home, in school, and in communities. Then we will talk about abuse—the physical, emotional, or mental mistreatment of another person—and its effects. Finally, we will identify places where people can find help.

Some questions your teen will answer as we study these topics include: *Why do conflicts occur? How do conflicts build? How can I avoid conflicts? How can conflicts be resolved without violence? How does mediation help resolve conflicts? What are the causes of violence in society? What can I do to protect myself to avoid becoming a victim of violence? What are others doing to prevent violence in schools and communities? What is abuse, and why does it happen? What are the signs, causes, and effects of abuse? What can be done to prevent and stop abuse?*

These questions touch on serious social and personal issues. By answering them, your teen will learn valuable safety skills that can reduce his or her chances of 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 teen:

- Together, discuss causes of conflict within the family. Brainstorm to create a list of suggestions for resolving family conflicts peacefully.
- Review television ratings and what they mean. Then check the ratings for the television programs for one evening. How many programs have ratings that indicate scenes of violence? How many do not? What conclusions can you draw?
- Look through a newspaper together for reports of violence or abuse. Discuss the real and possible causes of each example of violence or abuse you find. Discuss ways in which the violence or abuse might have been prevented.
- Make yourself available to answer any questions and concerns your teen has about conflict, violence, and abuse.

Any other activities you think will help your teen stay safe and avoid violence and abuse are, of course, a welcome addition to our efforts here. Thank you for supporting our classroom work. As always, do not hesitate to contact me for further information.

Sincerely,

Health Teacher