

## Teacher's Guide

This guide includes:

- Standards
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## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
[www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)



## Grades 6 to 8 • Personal Health Series

# Conflict Resolution

Conflicts are a part of everyday life, so how we handle them is important. These activities will help your students understand conflicts and how to manage them, so that they can learn to solve problems without letting anger get the best of them.

## Related KidsHealth Links

### Articles for Kids:

#### Dealing with Anger

[KidsHealth.org/en/kids/anger.html](http://KidsHealth.org/en/kids/anger.html)

#### Train Your Temper

[KidsHealth.org/en/kids/temper.html](http://KidsHealth.org/en/kids/temper.html)

#### Saying You're Sorry

[KidsHealth.org/en/kids/sorry.html](http://KidsHealth.org/en/kids/sorry.html)

#### Getting Along With Teachers

[KidsHealth.org/en/kids/getting-along-teachers.html](http://KidsHealth.org/en/kids/getting-along-teachers.html)

#### Getting Along with Parents

[KidsHealth.org/en/kids/parents.html](http://KidsHealth.org/en/kids/parents.html)

### Articles for Teens:

#### Dealing With Anger

[TeensHealth.org/en/teens/deal-with-anger.html](http://TeensHealth.org/en/teens/deal-with-anger.html)

#### Managing Your Emotional Reactions

[TeensHealth.org/en/teens/emotional-reactions.html](http://TeensHealth.org/en/teens/emotional-reactions.html)

#### 5 Ways to (Respectfully) Disagree

[TeensHealth.org/en/teens/tips-disagree.html](http://TeensHealth.org/en/teens/tips-disagree.html)

#### Apologizing

[TeensHealth.org/en/teens/apologies.html](http://TeensHealth.org/en/teens/apologies.html)

#### Getting Along With Teachers

[TeensHealth.org/en/teens/teacher-relationships.html](http://TeensHealth.org/en/teens/teacher-relationships.html)

#### Talking to Your Parents—or Other Adults

[TeensHealth.org/en/teens/talk-to-parents.html](http://TeensHealth.org/en/teens/talk-to-parents.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Does getting angry help solve disagreements and arguments? Name some ways to handle anger?
2. When you have a problem with a friend or classmate, what steps do you take to solve it?
3. A main goal of conflict resolution is to solve problems before they lead to verbal abuse or violence. What things can people say and do to achieve that goal?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Anger Management

#### Objectives:

Students will:

- Discover a problem-solving approach for handling anger

#### Materials:

- Computer with Internet access
- Posters and art materials, or graphic design software

#### Class Time:

1½ to 2 hours

#### Activity:

You just got your science test back and you're furious about the low grade - especially because you studied so much! Before you blow your stack, read the KidsHealth.org articles to learn about anger and how to handle it effectively. Working in small groups, develop a brief anger-management training session for middle school students. Be sure to cover the following:

- Basic information about what anger is
- Steps kids and teens can take to control anger

#### Extension:

1. Create a posters or infographics for your training session that lists tips for managing anger. Hang the posters around school, and share the infographic on social media.



## Working It Out

### Objectives:

Students will:

- Learn how to disagree respectfully with others
- Discover effective ways to communicate about problems
- Identify strategies for solving problems

### Materials:

- Computer with Internet access
- "Working It Out" handout

### Class Time:

30 minutes

### Activity:

Conflicts arise every day, so it's important to know how to handle them. Use the KidsHealth.org articles to research how to communicate your feelings in a positive way. Next read the scenarios on the "Working It Out" handout. Choose two scenarios, identify the conflicts, and role-play the arguments and their resolutions. Remember that a solution doesn't necessarily mean that everyone agrees!

### Extension:

1. Select a conflict you see on TV show or movie and analyze how problem-solving is portrayed. What's the conflict? What strategies do the characters use to solve the problem? Are they effective strategies for solving the conflict peacefully? What strategies might the characters use instead? Finally, what effect do you think the media has on how people handle their problems?

## Reproducible Materials

### Handout: Working It Out

[KidsHealth.org/classroom/6to8/personal/growing/conflict\\_resolution\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/growing/conflict_resolution_handout1.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Working It Out

Instructions: Use the articles at KidsHealth to research how to communicate your feelings in a positive way. Choose two scenarios from the choices below, identify the conflicts, and role-play the arguments and their resolutions. Remember, a solution doesn't necessarily mean that everyone agrees!

