

## Teacher's Guide

This guide includes:

- Standards
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- Reproducible Materials

## 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 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 9 to 12 • Personal Health Series

## Conflict Resolution

Whether it's an argument with a family member or a misunderstanding with a friend, everyone has conflicts from time to time. These activities will help your students learn how to manage their anger, communicate their feelings, and constructively solve problems.

## Related KidsHealth Links

### 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)

#### I Hurt My Friends' Feelings. What Should I Do?

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

#### Why Am I in Such a Bad Mood?

[TeensHealth.org/en/teens/bad-mood.html](http://TeensHealth.org/en/teens/bad-mood.html)

#### Choosing Your Mood

[TeensHealth.org/en/teens/choose-mood.html](http://TeensHealth.org/en/teens/choose-mood.html)

#### Rejection and How to Handle It

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

#### Understanding Other People

[TeensHealth.org/en/teens/understanding-others.html](http://TeensHealth.org/en/teens/understanding-others.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)

#### Why Do I Fight With My Parents So Much?

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

## Discussion Questions

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

1. List of healthy ways people can handle and let go of anger.
2. Anger can be overwhelming. Why is it so important to express your anger in a healthy way? What can happen if you don't?
3. Many people believe that violent TV shows and movies can influence how people handle their own problems. Do you think this is true?



## Activities for Students

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

### Peaceful Problem Solving

#### Objectives:

Students will:

- Learn ways to manage anger
- Discover ways to communicate negative feelings
- Identify how to handle problems constructively

#### Materials:

- Computer with Internet access
- Video camera
- Paper, pen or pencil, or word processing program to write a script

#### Class Time:

2 hours

#### Activity:

[Note to instructor: This activity can be done as a class or in small groups.] Everywhere we look, we're bombarded with images of violent ways to deal with problems. It's time to change those images to more positive ones. After reading the TeensHealth.org articles, we're going to create an entertaining, informational video for teens that raises awareness about violence in the media, and teaches ways to use healthy, nonviolent strategies to deal with conflicts. Before you start writing a script, consider these questions:

- Why is it important to solve problems in a nonviolent manner?
- What do teens need to know about anger and how to manage it?
- What are some constructive ways to deal with problems and communicate negative emotions?

#### Extensions:

1. Spread the message: Arrange to show the videos during school assemblies, upload them to YouTube and share on social media.
2. Choose a famous pacifist (such as Leo Tolstoy; Albert Einstein; Mahatma Gandhi; the Rev. Martin Luther King, Jr.; Nelson Mandela; John Lennon; Tenzin Gyatso, the 14th Dalai Lama; Aung San Suu Kyi; etc.), and write about how they worked resolve conflicts in a nonviolent way.



## Mixed Messages?

### Objective:

Students will:

- Investigate how conflict resolution is portrayed in the media

### Materials:

- "Mixed Messages?" handout, pen or pencil

### Class Time:

45 minutes

### Activity:

Many people believe that what we see on TV and in the movies affect how we handle our problems. Choose one scene from a TV show or movie that shows characters addressing a problem in unhealthy ways. Then, using your knowledge of conflict resolution from the TeensHealth.org articles, write an essay that analyzes how the characters dealt with their problem. The "Mixed Messages" handout can help you start organizing your ideas.

### Extensions:

1. Write a few paragraphs how the characters could have used healthy anger-management strategies and communication to resolve the problem
2. Role-play your revised scene using healthy anger-management strategies and communication to resolve the problem.

## Reproducible Materials

### Handout: Mixed Messages?

[KidsHealth.org/classroom/9to12/personal/growing/conflict\\_resolution\\_handout1.pdf](http://KidsHealth.org/classroom/9to12/personal/growing/conflict_resolution_handout1.pdf)



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

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

## Mixed Messages?

Instructions: Organize ideas for your essay by answering the following questions.

Describe the conflict.

How are the characters handling the conflict?

What's the overall message viewers may be getting about how to solve problems?