



Too Good for Violence Home Workout

For Parents and Kids

Grade 6

Dear Parents,

Violence is the number one public health problem in America today, and it is preventable. Your student has been participating in *Too Good For Violence*, a school-based, violence prevention program. This newsletter will encourage students to share some information with their families. Please take the time to do the activities in this newsletter together and to discuss ways that you, as a family, can prevent violence. Violence is not acceptable, and by working together, we can prevent it.

Sincerely,

Test Your Conflict Quotient (CQ)

Directions: Circle your response. Correct answers are on the back of this sheet.

	Parent		Student	
In every conflict, there is a winner and a loser.	T	F	T	F
The best thing to do about conflict is avoid it.	T	F	T	F
The first thing to do in a conflict is find out who is right.	T	F	T	F
Conflicts destroy friendships, marriages and other relationships.	T	F	T	F
Conflicts are a normal and natural part of life.	T	F	T	F
We can learn how to keep disagreements from becoming fights.	T	F	T	F

Parents Matter

When a parent is physically present in the home at key times during the day (in the morning, after school, at dinner and at bedtime), children are protected from harmful and risky behaviors.

- **Notice what your child is doing.**
- **Monitor your child's behavior.**
- **State rules clearly.**
- **Make rewards and punishments contingent on behavior.**
- **Negotiate disagreements so that conflicts do not escalate.**

Source: C. Hobbie, Violence Prevention, *Journal of Pediatric Health Care*, 9 (5), 234-236.

10 Good Ways to Get Involved in Your Child's School

1. **Ask, "What happened in school today?"**
2. **Help your child set a daily schedule for homework.**
3. **Make a space for doing homework.**
4. **Help with homework.**
5. **Call a teacher to ask how your child is doing.**
6. **Participate in your school's PTA.**
7. **Attend a school board meeting.**
8. **Attend parent-teacher conferences.**
9. **Send a teacher a note of encouragement or appreciation.**
10. **Volunteer to help at school.**

When parents are involved in the school, kids are less likely to become violent, use drugs or participate in other problem behavior.

Create a Family Calendar

Keep track of family schedules on one calendar. Post it in a prominent place and ask each family member to write upcoming activities on the calendar and keep them current. Discuss the details for every activity: who, what, when and where. Setting up rules and routines now will help you to monitor activities and stay involved.

What's My Name?

Unscramble the name of the famous person who made each of these statements. Discuss what these quotes mean to each family member.

"You cannot shake hands with a clenched fist."

IRDAIN HAGNID

"If we meet hate with hate, there will be more hate. From violence comes more violence."

INAMRT HULRET NIGK

"We have the power to make this the best generation of mankind in the history of the world - or to make it the last."

HONJ NEKDENY

"It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it."

AELOENR OESTELOVR

"You can't hold a man down without staying down with him."

OKBREG HNGOTAWSNI

Answers to Conflict Quotient

quiz:

1. False. If you think of a conflict as a contest, you will work against the other person, and at least one of you (and maybe both) will lose. But if you think of a conflict as a problem-solving partnership, both of you can win.

2. False. A conflict is a problem-likely to go away; it is very unlikely to get worse.

3. False. Because people see the same thing in different ways, both people may be right.

4. False. Whenever there are two people, there will be conflicts. It's not the conflicts themselves that damage or destroy relationships, but the way the conflicts are handled.

5. True. Because no two people are exactly the same, they are bound to disagree some times.

6. True. By staying calm, focusing on the problem, listening to both sides and brainstorming for solutions that please both of you, you can keep your conflicts from becoming fights.

Answers to What's My Name?:
Indira Gandhi; Martin Luther King; John Kennedy; Eleanor Roosevelt; Booker Washington

Resources

Recommended Reading

How to Handle Bullies, Teasers and Other Meanies: A Book That Takes the Nuisance Out of Name Calling and Other Nonsense, by Kate Cohen-Posey. Rainbow Books, 1995. This book offers kids a variety of clear, specific ways to handle bullies, deal with prejudice and defend themselves when they are teased or taunted.

Wonderful Website

Mendez Foundation: www.mendezfoundation.org

This site is produced by the Mendez Foundation, the developers of *Too Good For Violence*. It has information on drug/violence prevention and wellness. You may order Mendez products such as T-shirts and pencils by visiting the on-line store.

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Friends Are Us - Parents

Sixth grade is an exciting time, with growth spurts, new friends and challenges. It is also a critical time, when new friends may help kids stay safe and drug-free, or make problem behavior more likely. At this age, kids want to fit in so their choice of friends is more important than ever.

List your child's five closest friends:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

On the back of this page, there is a place for your child to list their five closest friends. Compare the two lists. Are the lists the same?

Defusing Teen Anger and Preventing Youth Violence

For teens, anger is often a reaction to what they see as limits of their freedom. When something triggers teenagers' anger, their feelings can escalate or get worse quickly. In the early stages, teens can respond appropriately if parents listen actively, acknowledge their teen's feelings and calmly reinforce the limits. Yelling and escalating with the child only makes things worse, and may lead to physical attacks, shouting matches or cutting remarks.

If teens are unable to calm down in the early stages, they may get so angry that they lose control. At this crisis point, a parent's most effective response may be, "Try to take a deep breath," or "I want to help you and keep you safe."

After the crisis, if either you or your teen have not handled your anger well, apologize, discuss it calmly and talk about how things could have turned out differently. If there is no immediate solution to the conflict, agree to work on it again.

To help teens deal with conflicts, follow the ABCs of solving conflicts: Attack the problem, not the person. Brainstorm together. Consider consequences and choose win/win. If you can't reach a solution that satisfies both of you, agree to disagree. It's okay to have opposing points of view. Source: A Parent's Guide to Childhood and Adolescence



CONFLICT IN YOUR FAMILY

Talk together about conflicts in your family between parents and children, brothers and sisters, etc. Discuss how you handle them now, and then talk about how you would like to handle your conflicts in the future.

Our Conflicts	The Way We Handle Them	The Way We Would Like to Handle Them

Did you know?

- That during the transition to middle school, your child needs your supervision more than ever?
- That middle school students are more likely to bully or be bullied by other students?
 - more likely to assist a bully than be a target of bullying?
 - less likely to believe that drug use is harmful?

Friends Are Us - Student

List your five closest friends:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Resources

Recommended Reading

And Words Can Hurt Forever: How to Protect Adolescents from Bullying Harassment and Emotional Violence, by James Garbarino and Ellen deLara. Free Press, 2003. Cornell University professor, Garbarino, and therapist, deLara, interviewed students, teachers, and administrators about bullying in school. This guide is meant to help adults understand the violence in American schools today.

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