

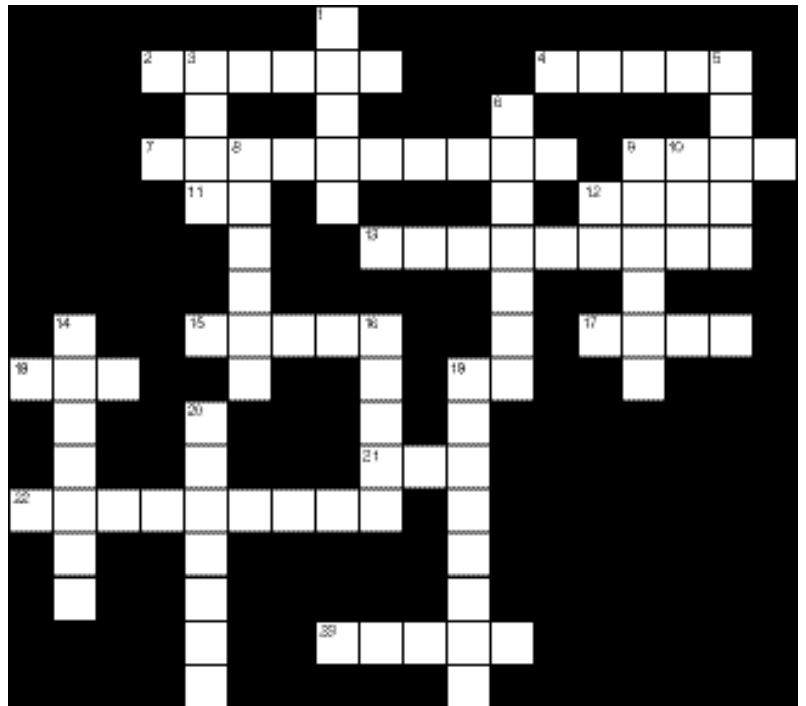
Dear Parents,

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,

**Crossword
for a
Peaceable
Place**

Cooperate to complete the crossword puzzle. The student should fill in words going across. The parent should fill in words going down.



Down-Parent

- 1. Mediators listen to both _____ of the story, but do not take _____ .
- 3. It helps to solve a conflict if you tell the other person how you _____ .
- 5. The first thing the disputants do in a mediation is _____ to work together to solve the problem.
- 6. People who have been using _____ or other drugs are more likely to become violent.
- 8. When you feel angry, don't get even, get _____ .
- 9. Another name for a submarine sandwich.
- 10. The _____ of taking criticism can keep you focused on solving the problem.
- 12. Two-letter abbreviation for Michigan.
- 14. _____ words often lead to _____ actions.
- 16. Staying away from kids who use _____ can help you avoid violence.
- 19. _____ is normal and natural, but violence is not.
- 20. When two people in a conflict compete _____ each other, only one of them can win.

Across-Student

- 2. Watching violence on TV makes many people feel _____ .
- 4. _____ violence is unrealistic when it shows no serious or negative consequences. (Hint: TV, movies, books, even videogames are all examples of _____ .)
- 7. A mediator helps other people solve their conflicts _____ .
- 9. Violence is _____ done to another person or people.
- 11. The abbreviation for Library of Congress.
- 12. TV is more or less violent than real life?
- 13. When two people _____ a conflict, they talk it out.
- 15. People may _____ a conflict if they think they can't possibly win.
- 17. In a conflict, one person may decide to _____ -in if the other person gave in last time.

- 18. When two people cooperate to solve a conflict, both of them can _____ .
- 19. 150 in Roman Numerals.
- 21. Violence is more likely when one or both people in a conflict have a _____ .
- 22. _____ are people who help other people solve conflicts peacefully.
- 23. When you hear a rumor, _____ your feelings, the facts and the source. (Hint: You can _____ your responses using the answers on the back.)



Measure Your Knowledge of Media Messages

Directions: Take this quiz to see what you both know about media messages. Circle the letter of your response.

1. Watching violence on TV may cause
- hair loss
 - weight loss
 - increased aggression

Parent: A B C

Student: A B C

2. TV violence makes many viewers more
- helpful
 - fearful
 - peaceful

Parent: A B C

Student: A B C

3. How many hours a week does the average American child spend watching TV?
- 30 hours
 - 15 hours
 - 1 ½ hours

Parent: A B C

Student: A B C

4. How many hours a week does the average American child spend interacting with parents?
- 25 hours
 - 15 hours
 - 2 ½ hours

Parent: A B C

Student: A B C

5. What is the best way for parents to influence the impact of TV on their children?
- Forget it because you can't do anything about it anyway.
 - Choose shows carefully, watch together, and talk about what you see.
 - Turn off your electricity so you never have to see it again.

Parent: A B C

Student: A B C

Get Closer to Your Teen

“Many teenagers worry about whether their parents will continue to love them when they are no longer little or cute,” writes Lawrence Steinberg, Ph.D., co-author of *You and Your Adolescent*.

“Adolescents need to be reassured that nothing—neither their growing maturity, their moods, their misbehavior, nor your anger at something they've done—can shake your basic commitment to them.”

- Continue to show physical affection, even though their bodies are changing.
- Be sure to end any confrontation with a big hug.
- If they are uncomfortable with public hugs and kisses, find ways to express affection that won't embarrass them.

Answers to Media Messages: 1:c; 2:b; 3:a; 4:c; 5:b
Crossword puzzle Down: 1 sides; 3 feel; 5 agree; 6 alcohol; 8 active; 9 hoagie; 10 art; 12 M; 14 violent; 16 drugs; 19 conflict; 20 against
Across: 2 afraid; 4 media; 7 peacefully; 9 harm; 11 LC; 12 more; 13 negotiate; 15 avoid; 17 give; 18 win; 19 CL; 21 gun; 22 mediators; 23 check

Resources

Recommended Reading for Parents

Emotionally Intelligent Parenting: How to Raise a Self-Disciplined, Responsible, Socially Skilled Child, by Maurice J. Elias, Steven E. Tobias and Brian S. Friedlander. Random House, 2000. This book shows parents how to work with their emotions and those of their children with simple, important techniques that can make a difference in household peace and harmony.

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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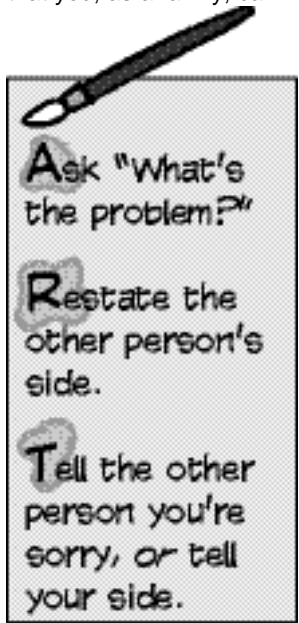
The ART of Listening to Criticism

List' • en — active verb

1. to make an effort to hear something. *Listen to this CD!*
2. to pay attention. *You never listen to me!*

According to a writer for the London *Daily Herald*, the definition of a good listener is “a good talker with a sore throat.” Most readers get a laugh out of this definition, which points out why listening is so difficult—we’re usually so busy waiting for our turn to talk that we don’t focus on what the other person is saying.

There is a real art to listening well, especially when the speaker is trying to tell us something we don’t want to hear. The next time someone has a gripe with you, try using the ART of Taking Criticism.



Food for Thought

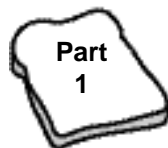
by Dr. Gary DuDell
Author and Parenting Consultant

“Honest criticism is hard to take from a friend, a relative, an acquaintance or a stranger.”
—Franklin P. Jones

And if you are a teenager, or have teenage children, add “especially from a parent” to that list. It is particularly difficult for teenagers to take criticism from their parents. At this age, young people are developmentally ready to begin breaking away from their parents and establishing their independence. For this reason, teenagers often have a tendency to reject much of their parents’ advice.

Parents, take note: Your kids are much more likely to listen and take your message to heart if you use the sandwich approach to criticism: Start with a positive, put the main ingredient in the middle, and end with a positive.

The first and last parts of a message are like the bread on a sandwich—they make it easier for your teenager to handle the main ingredient—the important part—in the middle.



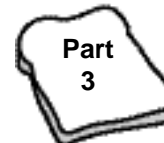
Begin with a positive approach. Call your son or daughter by name, and ask if it’s a good time to talk.

Part 2

For the main ingredient, which is the most important part, use an I-message to say clearly and exactly what the problem is:

I feel (*name the feeling*)
when you (*name the action*)
because (*state the effect on you*).
I want (*state what you want to happen now*).

Do not add any rotten ingredients like name-calling, blaming, threatening or exaggerating.



Finish on a positive note, by thanking your teenager for listening.

Using the sandwich approach will make your criticism much easier for your teenager to swallow.

The Five Ways We Deal With Conflict

There are five common conflict styles. Work together to match each statement below with the name of the style it describes.

- | | |
|--|---------------------------|
| a) "My way or the highway!" | ___ Compromise |
| b) "We'll do it your way." | ___ Go for Win/Win |
| c) "Maybe this problem will go away." | ___ Give In |
| d) "I'll meet you half-way." | ___ Avoid |
| e) "Not your way or my way, but a better way." | ___ Compete |



Parent _____
 Teenager _____

Many people have one conflict style they prefer to use most of the time. In the box at left, write the style you usually use. Using one conflict style all the time, no matter what the conflict is like using the same tool no matter what you need to repair.

To repair things well, you need to know how to use more than one tool and to solve conflicts well, you need to know how to use all the styles. In the box at right, write the name of the style you think you need more practice using.

Parent _____
 Teenager _____

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.

"Peace, like charity, begins at home."

KRINFLNA LROSETEEOV

"The strong man is the man who can stand up for his rights and not fight back."

TMIANR TLRHUE IGNK

"A problem is a chance for you to do your best."

KUDE LNLNITGEO

"Peace is a journey of a thousand miles, and it must be taken one step at a time."

DYNLNO NJNHOOS

"People who fight fire with fire usually end up with ashes."

GIIBLAA NVA ENUBR

Answers for What's My Name: Franklin Roosevelt; Lyndon Johnson; Martin Luther King; Abigail Van Buren; Duke Ellington

Resources

Recommended Reading for Parents

What Kids Need to Succeed: Proven Practical Ways to Raise Good Kids, by Peter Benson, Judy Galbraith and Pamela Espeland. Free Spirit, 1998. This book lists common-sense suggestions for helping kids lead healthy, productive, positive lives and stay out of trouble.

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