

CONFLICT MANANGEMENT IN MIDDLE SCHOOL

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WHAT IS CONFLICT?

- Occasional
- Not planned/in the heat of the moment
- All parties are upset
- All parties want to work it out
- All parties will accept responsibility
- An effort is made by all parties to solve the problem
- Can usually be resolved through mediation



WHAT IS MEANNESS?

- Once or twice
- Intentional behavior
- Can hurt others deeply
- Often based in anger; impulsive cruelty
- Behavior is often regretted
- Apology is often sufficient
- Needs to be addressed/should not be ignored



WHAT IS BULLYING?

- Is REPEATED
- Is often planned and done on purpose
- Can cause serious, life-long emotional damage
- The bully is trying to gain power or control over the target
- The bully often blames the target
- The target wants the bully's behavior to stop
- Cannot be resolved through mediation, should be reported



SUCCESSFUL STRATEGIES

1. REMAIN CALM
2. DON'T GIVE DESIRED REACTION
3. AVOID NEGATIVE ENGAGEMENT
4. ACKNOWLEDGE & RE-DIRECT
5. REMOVE SELF
6. ASK FOR HELP



1 REMAIN CALM

This involves recognizing and understanding one's own emotions, strengths, and weaknesses.

Fiona tells Jackie that her hair looks a mess and that she clearly was trying to copy Morgan's hairstyle. Jackie just had her hair done and was feeling really good about it until this comment was made.

What does Jackie need to do to stay calm?





2 DON'T GIVE DESIRED REACTION

Self-regulation is the ability to manage and control one's emotions, impulses, and behaviors. It includes strategies for dealing with stress, anger, frustration, and anxiety in healthy and constructive ways.

What do you think Fiona's end game is here? What reaction is she looking for?

3 AVOID NEGATIVE ENGAGEMENT

Maintaining self-control and not responding with negativity matching the hurtful comment can de-escalate a situation.

What would an example be of Jackie responding with a negative reaction? In this scenario what happens next if she does?





4 ACKNOWLEDGE & RE-DIRECT

This strategy is crucial for building and maintaining healthy relationships, as well as keeping a positive mental health space. Not engaging in negative comments gives them no place to go.

How should Jackie respond here?

5 REMOVE SELF

Responsible decision-making involves considering the consequences of one's actions and making ethical and constructive choices that prioritize the well-being of oneself and others. Sometimes this means removing yourself.

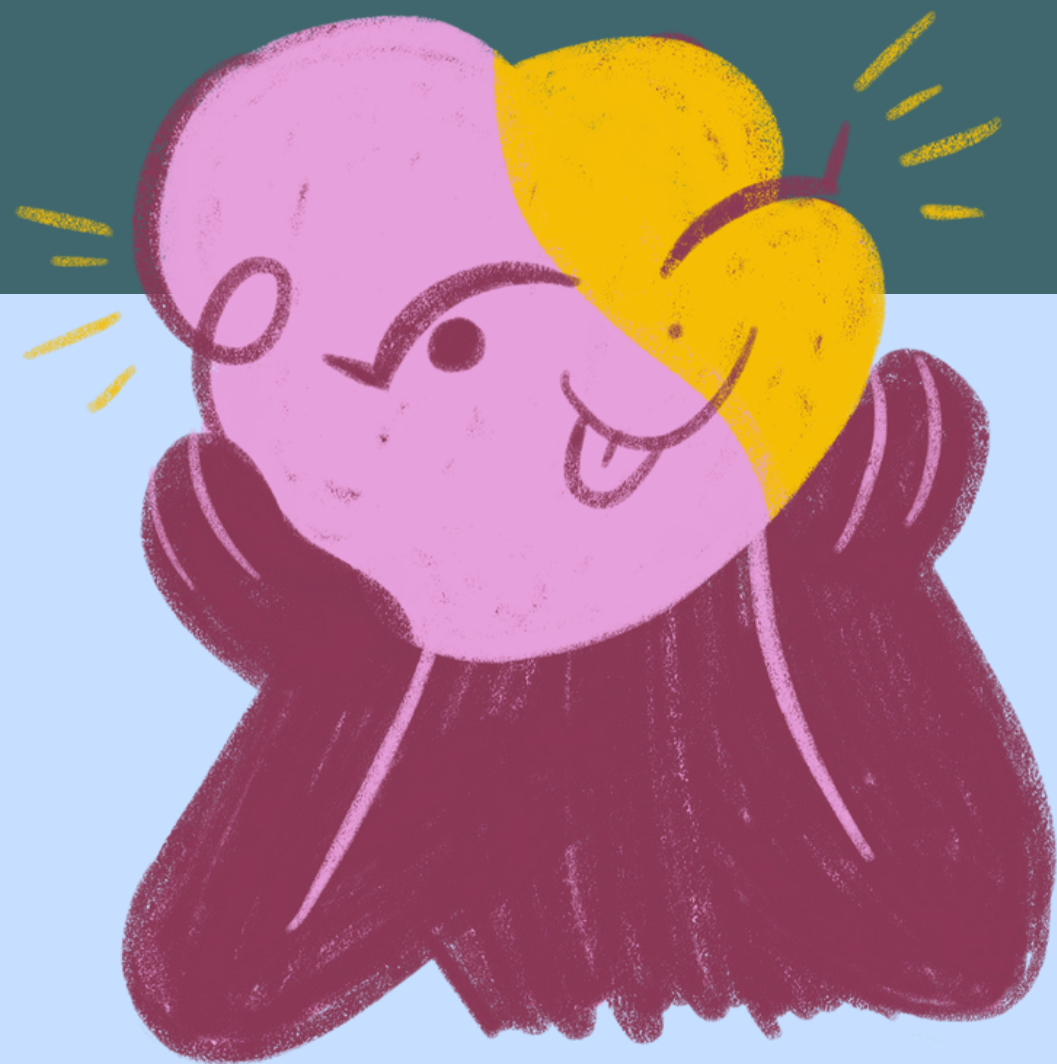
How do you do that appropriately? What does that look like at lunch? In the classroom? In PE?



6 ASK FOR HELP

There are adults in this building that care about you and want to help you. If a situation seems too BIG for you to handle on your own, or you just need someone to listen to you, talk to an adult.

Who could Fiona talk to in this situation?



HOW DO THESE 6 STRATEGIES RELATE TO ISSUES ON SOCIAL MEDIA?

1. REMAIN CALM
2. DON'T GIVE DESIRED REACTION
3. AVOID NEGATIVE ENGAGEMENT
4. ACKNOWLEDGE & RE-DIRECT
5. REMOVE SELF
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LAWS AROUND SOCIAL MEDIA

As concerns arise regarding the effects of social media on children's mental health, state legislators are introducing measures to help protect children.

COPPA (Children's Online Privacy Protection Rule) imposes certain requirements on operators of websites/online services directed to children under 13 years of age from collecting personal information online.



LAWS AROUND SOCIAL MEDIA

This is why social media platforms require children to be 13 years of age or older to create an account.

Many states take it a step further and legislation is only growing in this area.

Some examples of pending legislation include a required social media usage course for teens, public awareness campaigns on the impact on mental health and safety concerns, increasing the age limit from 13 to 16.



SET BOUNDARIES: PARENTS & STUDENTS

T—Is it True?

H—Is it Helpful

I—Is it Inspiring?

N—Is it Necessary?

K—Is it Kind?



SETTING BOUNDARIES WITHIN FRIEND GROUPS

- Joking
- Comments about race/appearance
- Trust/When things change
- See Something/Say Something

QUESTIONS/COMMENTS

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