

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- 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 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



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

Train Your Temper

KidsHealth.org/en/kids/temper.html

Saying You're Sorry

KidsHealth.org/en/kids/sorry.html

Getting Along With Teachers

KidsHealth.org/en/kids/getting-along-teachers.html

Getting Along with Parents

KidsHealth.org/en/kids/parents.html

Articles for Teens:

Dealing With Anger

TeensHealth.org/en/teens/deal-with-anger.html

Managing Your Emotional Reactions

TeensHealth.org/en/teens/emotional-reactions.html

5 Ways to (Respectfully) Disagree

TeensHealth.org/en/teens/tips-disagree.html

Apologizing

TeensHealth.org/en/teens/apologies.html

Getting Along With Teachers

TeensHealth.org/en/teens/teacher-relationships.html

Talking to Your Parents—or Other Adults

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



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!

