

## School Violence Awareness Week

October 19<sup>th</sup> to October 23<sup>rd</sup>

This week every school in New Jersey is observing “School Violence Awareness Week.” During this week, we will be spending time reflecting on the ways our conflicts can lead to violence and ways to solve our conflicts peacefully. Each day this week, we will be exploring a goal towards a peaceful school year.

Monday, October 19<sup>th</sup>

Our goal for today is: **Manage your anger, don't let it manage you!** Your challenge is to think of peaceful and safe ways to deal with anger not only in person, but also virtually! Let's work on controlling our actions. When we manage our anger, we stay in control, and we are better able to resolve our conflicts peacefully.

Tuesday, October 20<sup>th</sup>

Our goal for today is: **Promoting respect and tolerance.** Let's work on treating everyone with respect – people similar to us and different. We should embrace differences and make it a point to learn about people's differences. Different is different, not bad. There is no reason not to like someone because they are different than you. Accepting everyone for who they are is so important. Treat everyone equally.

Wednesday, October 21<sup>st</sup>

Our goal for today is: **Resolve conflicts peacefully.** There are many useful strategies to help you have a peaceful resolution to your conflicts such as: compromising/making a deal, agree to disagree, walk away until you cool off, help from an adult, talk it out and listen to one another, and always think before you speak (or write something on social media). Sometimes friends even need a break from each other too. Remember yelling, name calling, and blaming are *not* examples of solving conflicts peacefully. No matter how angry you get physical and verbal violence is never the answer!

Thursday, October 22<sup>nd</sup>

Our goal for today is: **Use your resources.** Sometimes conflicts can be too big for us to handle alone. It is important to know who you can go to for help when it comes to resolving conflicts. People like Mrs. Schwartz or a trusted teacher and really good people to go to if you ever find yourself in a conflict that is too much to handle. Who is someone you can talk to at home when you need help with resolving conflicts?

Friday, October 23<sup>rd</sup>

Our goal for today is: **Think before you hit send.** Since we are working remotely, we are spending a lot of time on our computers. Sometimes, it is a lot easier to say something not-so-nice when we are hiding behind our computer screens. If you are feeling frustrated or angry with another person and you have typed something to them, take a moment to read what you wrote and ask yourself if this is something you would say to them in person and if this is the kindest choice of words. If it isn't, you may want to

delete what you wrote, take a step back, and cool down before responding. You can even talk to one of the resources we explored yesterday before responding. It may seem easier to express our anger by being mean and hurting the other person's feelings, but remember: kindness will always win— it takes strength to choose kindness. Even during times when we feel angry, there are always ways to express our anger with kindness.