

Dear Families/Caregivers,

Conflict can cause feelings of isolation, so it is important to teach students how to resolve conflicts in a way that reconnects them to others. Most conflict can be resolved with communication.

We learned about giving and receiving feedback to resolve a conflict.

Strategies to communicate effectively when giving feedback during a conflict are:

- Use the I-Message.
- Think before you speak

Strategies for receiving feedback during a conflict are:

- Listen without interrupting.
- Restate the feedback.
- Choose a response.

Here are some things you can do with your teen to practice giving and receiving feedback during conflict:

- When you and your teen experience conflict, allow and encourage your teen to use the I-Message and to think before he or she speaks. When your teen provides feedback, make sure to listen without interrupting, restate the feedback, and choose a response that shows that you are attentive towards your teen's needs and feelings.
- When watching TV or reading a book, talk about how the characters give and receive feedback from one another.