



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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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 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.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Whether it's an argument with a sibling or a misunderstanding with a friend, everyone has conflicts from time to time. It's important to know how to handle these problems. The following discussion questions and activities will help your students learn how to manage their anger, communicate their feelings, and constructively solve problems.

Related KidsHealth Links

Articles for Teens:

How Can I Deal With My Anger?

KidsHealth.org/teen/your_mind/emotions/deal_with_anger.html

Talking to Your Parents - or Other Adults

KidsHealth.org/teen/your_mind/families/talk_to_parents.html

Why Do I Fight With My Parents So Much?

KidsHealth.org/teen/your_mind/Parents/fight.html

When Parents Fight

KidsHealth.org/teen/your_mind/Parents/parents_fight.html

Why Am I in Such a Bad Mood?

KidsHealth.org/teen/your_mind/feeling_sad/bad_mood.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. How do you blow off steam? Make a list of healthy ways people can let go of anger.
2. Anger can be very overwhelming at times. Why is it so important to express your anger about a situation? What can happen if you don't?
3. Many people believe that violent TV shows and movies can influence how people handle their own problems. Do you think this is true? What role do the media play in how we deal with our problems?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Peaceful Problem Solving

Objectives:

Students will:

- Learn ways to manage anger
- Discover ways to communicate negative feelings
- Identify how to handle problems constructively

Materials:

- Computer with Internet access
- Video camera and video tape

Class Time:

90 minutes

Activity:

Everywhere we look, we're bombarded with images of violent ways to deal with our problems. It's time to change those images to more positive ones. You've been asked to develop a campaign to encourage teens to use nonviolent ways to handle their problems. Using the articles on KidsHealth, create an informational video that not only raises awareness about this issue but also teaches teens to use nonviolent strategies to deal with their conflicts. While producing this video, consider the following questions:

- What do teens need to know about anger and how to manage it?
- What are some constructive ways to deal with problems and communicate negative emotions?
- Why is it important to solve problems in a nonviolent manner?

Finally, create a title for your video that not only describes it but catches your audience's attention.

Extensions:

1. Design a billboard that promotes nonviolent ways to resolve conflicts. Remember that many people see a billboard for only a few seconds, so choose words and images that will make an impression!
2. Think about how you handle your anger and communicate your feelings now. What works for you? How could you deal with your anger and problems more constructively? Make a list of ways you can improve in this area.
3. Imagine you are a famous pacifist from history such as Martin Luther King, Jr., Mother Teresa, Gandhi, or John Lennon. Write an editorial from this person's perspective that describes his or her thoughts about how our society handles its conflicts as a whole. What suggestions would this person make to guide us in the future?



Mixed Messages?

Objective:

Students will:

- Investigate how conflict resolution is portrayed in the media

Materials:

- Mixed Messages? handout (available at: KidsHealth.org/classroom/9to12/personal/growing/conflict_resolution_handout1.pdf)
- Pen and paper

Class Time:

45 minutes

Activity:

Many people believe that the images we see on TV and in the movies affect how we handle our problems, so it's time to examine what these images are! Using your knowledge of conflict resolution, write a 1-page essay that analyzes how characters on the big and small screens handle their problems. Get started by organizing your ideas on the Mixed Messages handout. How are conflicts resolved on TV and in movies? How are characters handling their problems? What's the overall message that you're getting about how to solve your problems?

Extensions:

1. Now that you have examined messages from TV and the movies, write a letter to a TV network executive that explains the importance of sending positive messages about handling problems. Ask him or her to consider how negative images may adversely affect kids and teens and to offer more positive images.
2. Select a scene from a book, TV show, or movie in which a character has a conflict and does not deal with it constructively. Role-play the scene using anger-management strategies and communication to resolve the problem.

Reproducible Materials

Handout: Mixed Messages?

KidsHealth.org/classroom/9to12/personal/growing/conflict_resolution_handout1.pdf

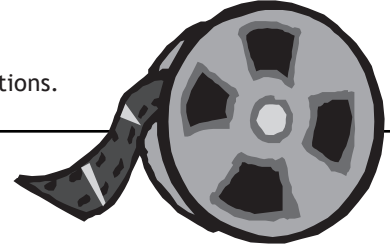


Name: _____

Date: _____

Mixed Messages?

Instructions: Organize your ideas for your 1-page essay by answering the following questions.



How is conflict resolution portrayed on TV and in movies?

How are characters handling their problems?

What's the overall message you're getting about how to solve your problems?
