

COMMUNITY CONNECTION CAFÉ



CONFLICT RESOLUTION AND BULLYING

Conflict Resolution

Conflict is a normal part of life, friendships, and relationships. Conflict resolution is an important skill to learn because it develops communication and problem solving skills, builds empathy, and promotes healthy relationships.

Daily Practices

- Model healthy conflict resolution.
- Reflect on conflicts they have had with friends, siblings, or even you. Talk through ways to solve the problem. This might be what they did well, or ways that might be more productive in the future.

Tips for Teaching Conflict Resolution Skills

- **Calm Down**
 - Big emotions and conflict resolution do not go well together. When we are calm, we can think clearly, speak kindly, and make reasoned choices.
 - Some ways we can get calm include deep breaths, counting to 20, taking a break, go for a walk or take a drink of water, stretching or exercising, doing something else, etc.
- **Sort out if it is a big problem, or a small problem.** *All problems feel big to them*
 - Help them to consider if this is something they can solve on their own, or need help for. Where possible, we want to empower them to solve conflicts without adult help.
- **Talk it out**
 - When calm, each person should have an opportunity to share their perspective while the other person listens.
 - Use 'I-Messages' to say how you feel and what you want: I feel... When... I would like...
 - Apologize if necessary: I was wrong when... I am sorry for... I will try to make it better by... Is there anything else I can do to make it better?
- **Find a Resolution**
 - Compromise; agree to disagree; share or take turns; find something else to do; etc.

Book Recommendations

- [A Bug and A Wish by Karen Scheur](#)
- [The Squirrels Who Squabbled by Rachel Bright](#)
- [Click, Clack, Moo Cows That Type by Doreen Cronin](#)
- [The Sandwich Swap by Kelly DiPucchio and Rania Al Abdullah](#)
- [How to Apologize by David LaRoche](#)
- [The Not-So-Friendly Friend by Christine Furnival](#)
- [Enemy Pie by Derek Munson](#)
- [Draw the Line by Kathryn Otoshi](#)

Discussion Questions

- How did the character handle the problem? What did they do well? What could they do differently?
- How would you feel if this happened to you?
- Is this a problem the character could solve alone or did they need help?



For feedback, questions, or additional information, please contact b.baker@ibis-school.com or n.burggraf@ibis-school.com

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CONFLICT RESOLUTION AND BULLYING

What is bullying?

Bullying is hurtful, repetitive behaviour that is one-sided and done on purpose. There is often a power imbalance such as being older, stronger, or more socially connected.

Types of Bullying

1. **Physical:** harming someone or their things in a physical way; e.g., hitting, kicking, pinching, pushing, breaking their things.
2. **Verbal:** saying or writing hurtful things; e.g., threats, calling them names, hurtful comments
3. **Cyber:** using technology such as social media or text messages to inflict harm; e.g., creating a fake account, sending unkind or inappropriate photos
4. **Social:** trying to damage someone's relationships with others or reputation; e.g., excluding someone, spreading rumours, embarrassing them

How to Help Your Child Stand Up to Bullying

- Help your child to understand the difference between conflict, mean or rude behaviour, and bullying.
- Teach them to stand up for themselves
 - Encourage them to stay calm, walk away, avoid the person, tell an adult, etc.
 - Encourage them to not engage with the bully and be unkind back.
- Be an upstander! Teach them to stand up for others
 - Don't participate by laughing or joining in with the bully
 - Say things like 'Stop', 'that is not funny', or 'please stop being mean'.
 - Be kind to the person who is being bullied. Help them get out of the situation, encourage them to talk to an adult, invite them to play so they aren't alone.
 - Talk to a trusted adult about the bullying behaviour.

Book Recommendations

- One by Kathryn Otoshi
- Llama, Llama and the Bully Goat by Anna Dewdney
- Bully B.E.A.N.S by Julia Cook
- The Bully Blockers Club by Teresa Bateman
- The Juice Box Bully by Bob Sornson and Maria Dismondy
- Library:
 - My Secret Bully or The Invisible Boy by Trudy Ludwig
 - Wonder by R.J. Palacio
 - Fish in a Tree by Lynda Mullaly Hunt
 - A Work in Progress by Jarett Lerner

Video Recommendations

The following videos can be watched with your child and discussed together.

- What is bullying? (and the types of bullying)
- What to do about bullying?
- Year 3 and older: The Bystander Effect: The Science of Empathy.
- Early Years- Year 2: Sesame Street Becoming an Upstander

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