

MANAGING RELATIONSHIPS & SOCIAL CONFLICT

What will my student learn in this unit?

The goals of this unit include students being able to:

- choose healthy relationships.
- treat others with respect despite differing values and opinions.
- use conflict-management strategies to manage conflicts (including those within close relationships) when values and perspectives differ.



Practice at Home

Consider asking your student the following questions to deepen their understanding and start a conversation about what they are learning:

- Ask your student about some of the values they have identified and why. Share a few of your own values and how you live out those values in your day-to-day life.
- Ask your student about how one of their values shows up in a healthy relationship they have. This could be a friendship, a sibling or other familial relationship, or even a professional relationship with a teacher or coach.
- Tell your student about a time when your view of a conflict changed because you were able to see it from another person's perspective. Ask your student if they have changed their view of a conflict lately.
- Ask your student about a conflict they recently had where they got something they wanted after it was resolved. Share a similar situation of your own.
- Tell your student about a time you had to make amends with someone. What did you do to repair the harm?
- Ask your student who they would go to for advice and support if they found themselves in a relationship that was unhealthy. Share why one of your close friends or family members is someone you turn to for advice and support.

