

Conflict Resolution

Peer Mediation & The Peaceworks Program





Program Information

The Peace Education Foundation focuses on conflict resolution curricula and training. The “PeaceWorks” curriculum teaches valuable life skills in the areas of:

- Violence Prevention
- Conflict Resolution & Mediation Skills
- Prosocial Skills
- Character and Ethical Values
- Bullying Prevention
- Respect, empathy and tolerance for all peoples and diverse cultures



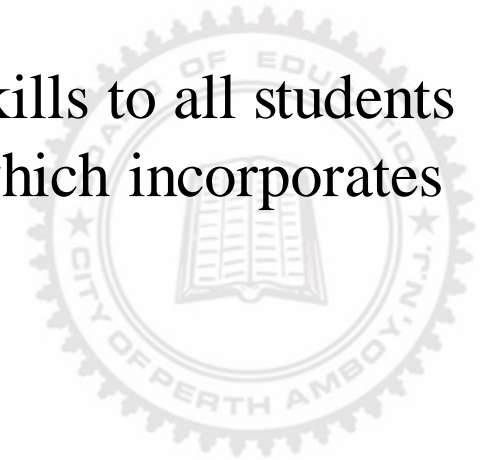


The PeaceWorks Program is designed to provide **all** students access to the conflict resolution and peacemaking curriculum.

Once all students are familiar with these concepts, the Peer Mediation component of the program is introduced.

PAPS has been introducing conflict resolution and peacemaking skills to all students through the use of our Counseling Department Monthly Themes which incorporates

- school-wide initiatives
- classroom lessons
- small groups to teach these skills.





**2023-2024
Monthly
Themes**

September

Community Building

- Elementary- Classroom Lessons
- Middle & High- Schoolwide Initiatives

October

Peace Rules

- All Schools- Classroom Lessons & Schoolwide Initiatives

November

Gratitude

- All Schools- Schoolwide Initiatives & Begin Counseling Groups

December

Understanding Conflict

- All Schools- Classroom Lessons & Continue Counseling Groups

January

Goal Setting

- All Schools- Schoolwide Initiatives

February

Empathy

- All Schools - Classroom Lessons & Begin Counseling Groups

March

Managing Feelings

- Elementary & Middle- Classroom Lessons & Continue Groups
- High- Schoolwide Initiatives & Continue Groups

April

Communication

- All Schools- Classroom Lessons

May

Mindfulness

- All Schools- Schoolwide Initiatives & Counseling Groups

June

Self-Esteem

- Elementary- Classroom Lessons
- Middle & High- Schoolwide Initiatives

Themes will be introduced district wide within each building.



Monthly Activities throughout the district

Do you think it is important to belong to a community? What are some ways to make a community stronger?

Let's get to know each other a little better... with This or That!

September

This **That**

Burger **OR** Pizza

Community Building

PEACE RULES

- We cooperate constructively.
- We speak respectfully.
- We listen with an open mind.
- We act with kindness.
- We respect each other's feelings.
- We take responsibility for what we say and do.



October: Peace Rules

November: Gratitude

I-Care Rules

for little kids!

- We listen to each other.
- Hands are for helping, not hurting.
- We use I-Care Language.
- We care about each other's.

GRAMOS DE GRATITUD

¿QUIERES DARLE A ALGUIEN UN GRAMO DE GRATITUD?

UN GRAMO DE GRATITUD ES UN MENSAJE ESPECIAL QUE LE EXPLICA A OTRA PERSONA POR QUÉ ESTÁS AGRADECIDO POR ELLA.

- RECOGE UN GRAMO DE LA CAFETERÍA.
- COMPLETE LA INFORMACIÓN QUE APARECE
- COLOCA EL GRAM COMPLETO EN LA CAJA DEL ESCENARIO.

LOS GRATITUD GRAMS SE ENTREGARÁN A SUS DESTINATARIOS

Monthly Activities throughout the district



January: Counselors Corner

Connecting the DLS Student Support Team Department with our school and home community.

School Counselor: Hailey Cruz
haicruz@paps.net
 extension 38460

School Psychologist: Arielle Bates
ariebates@paps.net
 extension: 38461

TAKE A PEEK!

Setting Goals

How to help your kids **set goals and achieve them**

- S Specific**
What do I need to accomplish?
- M Measurable**
How will I measure the achievement of my goal?
- A Achievable**
What are the specific obstacles that may be in my way?
- R Relevant**
How does this goal relate to my long-term goals and interests?
- T Time-Based**
What do I need to complete my goal?

What is a goal?

There are 2 types of goals, short and long

- Short-term goal** refers to a goal that can be reached in a shorter period of time such as a day, week or month. These would be goals such as: improving test scores, writing better daily notes, read more books, participate in something that's important to you.
- Long-term goal** refers to a goal that requires a longer period of time (greater than a couple of months) to achieve. These would be goals such as: becoming 180#, saving money, develop better friendships.



HOW DO WE SHOW EMPATHY?

Let the person know you care about them and their experience. "I hear that you are feeling disappointed. I am here for you"

Imagine yourself in the person's shoes. This means imagine that you are living in this person's life in this moment.

Listen without judging. Being empathetic means we do not judge the other person's experiences, feelings, or reactions.

Listen without interrupting or thinking about what you want to say next. Just listen.

ACCEPTANCE

Rueda de opciones



Si tienes un conflicto con otro estudiante de tu grupo, elige 3 de estas soluciones. Si aún necesitas ayuda, habla con el maestro/a.

WHEEL OF CHOICES

Apologize.
 "I'm sorry"

Take a break.

Ignore it.

Tell them to STOP.

I feel...

Shake hands and take turns.

Use an "I" message.

If you have a conflict with another student in your group, choose 3 of these solutions. If you still need help, talk to the teacher.

December: Understanding Conflict

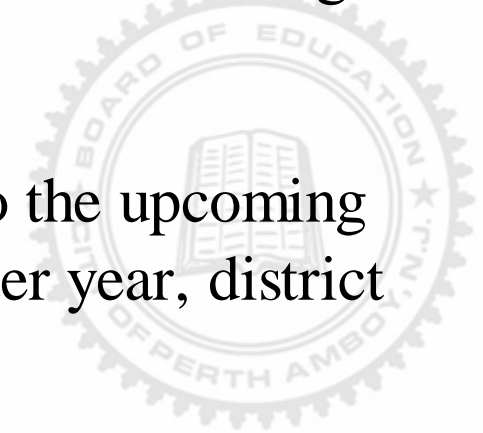
January: Goal Setting

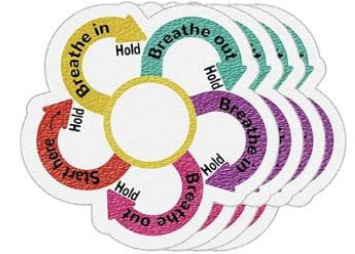
February: Empathy



Peer Mediators & Training

- School counselors completed two training workshops (Fall & Winter) in preparations to train students for the peer mediation component of the program.
- Students that demonstrated leadership skills in the classroom and group activities are being selected to join each building's Peer Mediation Training Group.
- These groups will run 1x per week for 15 weeks.
- The students who are trained as Peer Mediators will serve into the upcoming school year so we are able to offer continued training, year after year, district wide.





As an award recipient of the *NJDOE School Based Mental Health Grant*,

the district can combine efforts on the topics of social and emotional wellness throughout these initiatives.

This grant creates additional opportunities throughout the district, department, and for the Conflict Resolution training that has taken place and the Peer Mediation Program as it will continue in future years.

- *Staff Professional Development*
- *Peer Mediator Student Shirts*
- *Counseling Resources (Books/Materials)*
- *School Based Therapeutic Tools (sand trays, stress balls, calm strips, calm stickers)*

