

Week 6: Resolving Conflict – Be Respectful & Safe

Dear Parents and Carers,

This week, students are learning about **resolving conflict in a respectful and safe way**. Now that they have developed stronger feelings vocabulary, they are practising using feeling words to communicate during disagreements rather than reacting with hurtful words or actions.

Students are learning to:

- Notice and name their feelings during a conflict.
- Use respectful words to express their needs.
- Listen to the other person's perspective.
- Work together to find a fair solution.
- Ask a trusted adult for help when needed.

One important skill is learning to recognise the difference between a **Friendship Fire**, **Mean-on-Purpose behaviour**, and **Bullying**:

Type of Conflict	What It Looks Like	How Often?	Power Balance	What to Do
● Friendship Fire	A disagreement, misunderstanding, or accident between friends. Both people may feel upset.	Usually happens occasionally.	Equal power.	Use calm words, listen, apologise if needed, and work it out together.
● Mean on Purpose	Someone intentionally says or does something hurtful.	Happens once or only a few times.	Usually equal power.	Use an assertive response, walk away, and seek support if needed.
● Bullying	Repeated, intentional behaviour that hurts someone physically, socially, or emotionally.	Happens over and over again.	There is a power imbalance.	Tell a trusted adult immediately. Bullying requires adult intervention.

Remember:

- **Friendship Fires** can often be solved together.
- **Mean-on-Purpose behaviour** needs assertiveness and support.
- **Bullying** always requires help from trusted adults.

Family Challenge: If a disagreement occurs at home this week, encourage your child to pause, name their feeling, and use respectful words to share their perspective. You might ask:

- "How are you feeling?"
- "What happened?"
- "What could you say respectfully?"
- "How can we solve this problem together?"

By developing these skills, children learn that conflicts are a normal part of friendships and family life, and that they can be resolved through communication, respect, empathy, and problem-solving.

Thank you for supporting your child's social and emotional growth. 😊