

Working It Out

*A Violence Prevention Program Focusing
on Conflict Resolution and Peer Mediation*



New Jersey State Bar Foundation

New Jersey Law Center

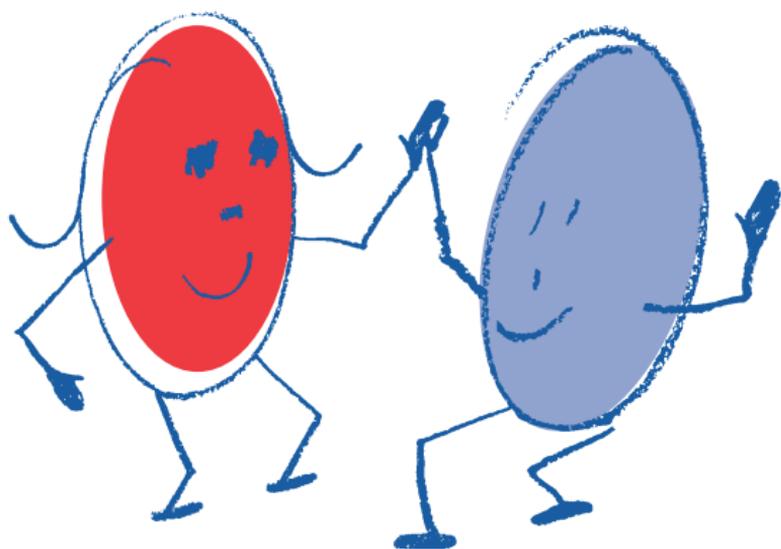
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In today's society when students can arrive at school carrying weapons instead of schoolbooks, the New Jersey State Bar Foundation is seizing the opportunity to promote violence prevention by helping interested schools establish Conflict Resolution and Peer Mediation Programs.



Conflict Resolution and Peer Mediation Guides

Developed by the Foundation's Conflict Resolution Curriculum Panel, which is comprised of educators, these guides contain lesson plans and student handouts aimed at issues such as resolving conflict, developing listening skills, dealing with peer pressure, managing anger and developing peer mediation programs. Available at the elementary, middle and high school level, the lessons demonstrate how students can take appropriate steps to prevent a potentially harmful situation. Each guide is accompanied by a colorful poster depicting the "Win/Win" guidelines for resolving conflicts. The guides are free and hundreds of thousands have been distributed to schools since the program's inception in 1994.

The Foundation published a second volume of conflict resolution and peer mediation guides in 2001. Available at the elementary and middle/high school level, the volume II guides build on concepts introduced in the first volume. Stressing the idea of character education, the volume II lesson plans highlight issues of diversity, self-esteem and gender equity. Each guide comes with a colorful poster to be hung in the classroom. Titled *Honor Each Other*, the poster is the basis of two lessons contained in the guide that encourage students to respect each other. To order either Volume 1 or Volume 2 of the Conflict Resolution and Peer Mediation Guides, please place your order online at www.njsbf.org or call 1-800 FREE LAW.

Training Sessions

One-day training sessions are offered on conflict resolution, peer mediation and character education. The trainings provide an opportunity for teachers to learn how to use conflict resolution lessons and train students to be peer mediators. To guarantee a hands-on experience,

participation in the training sessions is limited, and separate sessions are held for elementary and middle/high school teachers to address the special needs of each.

The conflict resolution training focuses on techniques to use in the classroom and how to utilize the curriculum guides provided by the Bar Foundation. The peer mediation trainings explore how to implement and sustain a peer mediation program in your school and how mediation has been proven to reduce incidents of school violence. The character education training sessions build on the principles learned in the conflict resolution trainings and allow participants to become familiar with the advanced, Volume II edition of the Bar Foundation's conflict resolution guides, which focus on character education and feature lessons on self-esteem, stereotypes, gender equality and honoring each other.

Training sessions are held monthly at the New Jersey Law Center in New Brunswick. Professional development credit is available to educators for attendance at these training sessions. For information about future trainings visit our website at www.njsbf.org or call 1-800-FREE-LAW for a registration form.



Resource Videos

The Foundation maintains an extensive video library to help enhance a teacher's ability to expose students to conflict resolution skills. The following videos may be borrowed with a **\$50 refundable** security deposit check. Personal or school checks will be accepted. The Foundation **does not** cash checks unless videos are lost or damaged. Checks will be returned immediately upon receipt of the undamaged video.

Elementary Videos

Bully and Victim (grades 1-4) – Bullies cannot exist without victims, so both become participants in the bullying relationship. This story focuses on feelings, behavior and motivation of bullies and their victims, and helps viewers discover alternatives that include becoming a peacemaker. (25 minutes)

Building Character (grades K-2) – This program explains how teachers and schools can have a positive influence on a student’s character development and shows how they can systematically teach skills and concepts that will help students build character. (24 minutes)

Bullying at School: Strategies for Prevention (grades K-6) – This staff development video is designed to help administrators and teachers explore ways for creating a school climate in which bullying is not allowed and all children can feel safe. Strategies and activities that one school system devised to promote respect and understanding among students is presented. It airs student’s views on why bullies act the way they do and how a victim feels. (25 minutes)

Conflict Resolution: Elementary Grades (grades K-5) – This video is designed to model successful conflict resolution programs and help teachers, counselors and administrators apply those programs in their own school settings. Lesson plans and handouts are also provided as guidance for using the video at a staff in-service training session. (26 minutes)

Conflict Resolution: Primary Grades (grades K-2) – This video is designed to help staff members understand basic conflict resolution, identify the particular needs of their school and classrooms and consider how they would like to approach conflict resolution with their students. The video provides a clear demonstration of the look and feel of school-based conflict resolution programs for young children. (15 minutes)

Everybody’s Different (grades K-2) – Designed to help young children accept the diversity that surrounds them, this video depicts various ways in which people are different. It also helps children understand that being different can be positive, and that individual differences, when viewed as a whole, make the world a better and more interesting place to live. (14 minutes)

Face to Face: Conflict Resolution in Schools (grades K-12) – This video features successful conflict resolution programs implemented in Toronto schools. Staff members explain how their programs work and how they benefit students. Aspects of the programs are shown in action. (25 minutes)

Getting Better at Getting Along: Conflict Resolution (grades 2-4) – This video provides an introduction to conflict resolution by demonstrating essential techniques. (16 minutes)

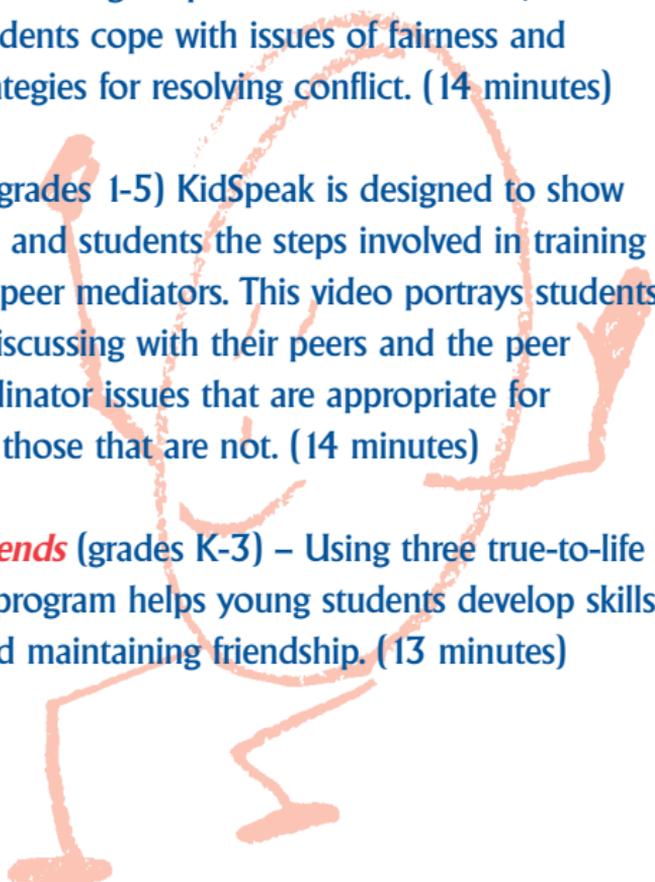
How I Learned Not to Be Bullied (grades 2-4) – Presenting two children’s first-person accounts of their success in learning not to be bullied, this program helps students understand how their behavior and attitudes affect how others treat them. (14 minutes)

I Get So Mad! (grades K-2) – This video helps make students aware that anger is a natural emotion everyone experiences at times. Offering easy-to-understand ways to cope, students learn that it’s not getting angry that counts, but how they decide to handle it. (13 minutes)

It’s Not Fair! (grades 2-4) – At the playground, in class, at home, the cry “It’s Not Fair!” rings out. But how is fairness decided? Using simple dramatic situations, this video helps students cope with issues of fairness and acquire the strategies for resolving conflict. (14 minutes)

KidSpeak (grades 1-5) KidSpeak is designed to show both educators and students the steps involved in training students to be peer mediators. This video portrays students in role-plays, discussing with their peers and the peer mediator coordinator issues that are appropriate for mediation and those that are not. (14 minutes)

Let’s Be Friends (grades K-3) – Using three true-to-life scenarios, this program helps young students develop skills for building and maintaining friendship. (13 minutes)



No More Teasing! (grades 2-4) – This video presents effective strategies kids can use to protect themselves against teasing or bullying. Common teasing situations are introduced and solutions are offered. The video shows how students can change their own behavior to lessen the impact of teasing or bullying. (14 minutes)

Respect Yourself and Others Too (grades 2-4) – This video teaches social sensitivity as a key to promoting respect and understanding among students and emphasizes the importance of respecting the rights and needs of others. Illustrating the problems that result from putdowns, fighting or ignoring others' feelings, the video helps students develop empathy and discover when they show respect for others, they increase their own self-respect. (17 minutes)

Stop Teasing Me! (grades K-2) – This video helps young students understand how teasing affects other people's feelings. Vignettes illustrate how teasing not only hurts victims' feelings but can leave teasers themselves feeling bad. (13 minutes)

Student Workshop: Working It Out (grades K-2) – Designed to equip young children with the skills they need to resolve their day-to-day conflicts in a systematic, step-by-step manner, the video uses lively images, music and characters with whom children can easily identify to demonstrate conflict resolution skills. (20 minutes)

Ten Things to Do Instead of Hitting (grades K-2) – Through songs and a series of scenarios, this video presents ten things viewers can do to use up the energy anger arouses and feel better. (21 minutes)

We Can Work It Out! (grades K-2) – Demonstrating how asking questions, listening and thinking of ways to do things differently can provide satisfying solutions, this video teaches young students age-appropriate strategies for resolving conflicts. Using scenarios performed by on-screen peers, the video helps viewers get better at getting along. (11 minutes)

What I Like About Me: Building Self Esteem (grades K-2) – This video introduces the youngest students to the healthy concept that liking who they are can give them a strong sense of self-worth and self-confidence. Designed to help children recognize and appreciate their own special qualities, the program invites viewers to see themselves as capable and confident by making clear the many ways that can make them feel good about themselves. (18 minutes)

What We Learned About Bullying (grades 2-4) – This program examines why bullies act the way they do and why other kids end up as a bully's target. Interviews with two real kids—one a former bully and the other a former victim—show how both were helped by counselors and teachers to change their behavior. (16 minutes)

Whitewash: Building Racial Harmony (grades 3-6) - This moving drama helps raise the subject of racism and hate crimes. Using music, believable dialogue, and interesting animation, this video tells the true story of Helene Angel, who was attacked and had her face spray painted white while walking home in the Bronx in 1992. Traumatized, Helene goes into hiding, but overcomes her fear with the help of her grandmother, teacher and schoolmates. The video shows the power of love, courage, community and friendship to overcome hate, and delivers an inspiring message. (20 minutes)

Middle and High School Videos

Anger, Violence and You: Taking Control (grades 7-12) – Probing the reasons people get angry, this video helps students understand this natural emotion. The program examines how violence results when anger is not addressed, and asks a series of questions to help students realize that while they can't change others, they do have the power to change their own angry behavior. The video shows viewers how to let out their anger in a healthy way, and presents ten steps to resolving conflict that can help them stay in control. (42 minutes)

Beyond Hate with Bill Moyers (grades 6-12) –

Through the experience of world figures, gang leaders and young people trying to cope with violence in their lives, this video chronicles the impact of hate on its victims and probes the many dimensions of hate. Moyers listens to those gripped by hatred and those victimized by it and also focuses on individuals and groups who are working to move beyond hatred to achieve tolerance and acceptance. (60 minutes)

Conflict at School: Dealing With Adults (grades 5-9) –

Using scenarios typical of middle school life, this video discusses the importance of speaking respectfully and behaving in an adult manner. An emphasis is placed on finding the right time and place to talk, apologizing if you are wrong and using “I Messages” to say how you feel. The video demonstrates how compromise and negotiation can help kids resolve conflicts with adults. (28 minutes)

Conflict Resolution (grades 9-12) –

This video teaches strategies for conflict resolution and helps students turn conflict into a positive experience. The video shows students how to avoid conflict, resolve problems and build better relationships. (26 minutes)

Conflict Resolution: Grades 5-12 –

This video is designed to help teachers, counselors and administrators understand the components of a successful conflict resolution program. Two schools with exemplary programs—a high school and a middle school—provide models for expanding and evaluating existing programs or developing new programs. Lesson plans and handouts are provided as guidance for using the video at a staff in-service training session. (25 minutes)

Face to Face: Conflict Resolution in Schools (grades

K-12) – This video features successful conflict resolution programs implemented in Toronto schools. Staff members explain how their programs work and how they benefit students. Aspects of the programs are shown in action. (25 minutes)

Increase the Peace: Conflict Resolution (grades 9 - 12) – This video is designed to appeal to urban youth by exploring familiar scenarios and issues. This program is also intended to motivate students to learn the skills needed to solve conflicts and gain greater control over themselves and their lives. (32 minutes)

Know Yourself: The Secret of Self-Esteem (grades 7-12) – This program is designed to introduce students to the four main personality types. Characters are shown in familiar settings with personalities students will recognize as their own. This program will help students recognize the elements of personality types, identify their own personality type, understand how personality type affects their own behavior and that of others, think positively about their own personality type and see how understanding themselves can lead to a better self-image. (24 minutes)

Me and My Parents: Working It Out (grades 5-9) – This video helps adolescents understand the nature of parent-child conflict and how their own attitudes contribute. It challenges viewers to learn newer, more grown-up ways of communicating with their parents and provides easy-to-learn practical techniques for resolving conflict. (23 minutes)

Stop the Violence! (grades 9-12) – This video presents an overview of the problem of violence as it impacts adolescents in our communities, and offers realistic techniques for avoiding violence in a variety of true-to-life situations. Intervention programs are demonstrated. (27 minutes)

Student Workshop: Anger Management Skills (grades 7-12) – This hands-on workshop teaches the anger management skills that enable teens to get along better with friends, family and authority figures. The video uses an MTV-style format to help students discover the things that trigger their anger and understand the consequences of angry behavior. Accompanying handouts provide practice in developing effective ways of expressing anger and controlling angry behavior. (30 minutes)

Student Workshop: Conflict Resolution Skills

(grades 5-9) – This video can function as a workshop to teach students the skills of conflict resolution. Through hands-on activities and practice, students acquire six basic skills of conflict resolution: Getting the Facts, Active Listening, Body Language, Tone of Voice, “I” Messages and Brainstorming. The accompanying handouts provide practice in each skill. (35 minutes)

Student Workshop Mediation: Getting to Win-Win!

(grades 7-12) – Using true-to-life conflicts, this video demonstrates the techniques and strategies that mediators use to help disputants work out conflicts and arrive at win-win solutions. Accompanying student handouts and group activities provide opportunities for hands-on practice in the skills of mediation. (24 minutes)

Student Workshop: Mediation Skills (grades 5-9) –

In a step-by-step approach, this video workshop trains students to be peer mediators, equipping them with skills for conducting successful mediation. Accompanying handouts and individual and group activities provide hands-on practice in the skills and steps involved. (30 minutes)

Student Workshop: Resolving Conflicts (grades 9-12)

– This video takes students step-by-step through the conflict resolution process. Students learn to apply specific, easy-to-learn skills and effective strategies for resolving conflicts peacefully. Handouts, individualized and group activities provide hands-on practice in the vocabulary, skills and steps involved. (24 minutes)

Teen-Adult Conflict: Working It Out (grades 7-12)

– Using scenarios illustrating typical adult-teen conflicts, this video teaches conflict resolution techniques specifically aimed at helping teens get along better with the adults in their lives. The program emphasizes good communication skills, brainstorming for solutions and negotiating for win-win solutions. (28 minutes)

Violence Prevention: Inside Out (grades 9 - 12) –

This video explores the belief that violence is learned and looks at the cycle of violence, showing how and why violence erupts. The video also shows that, while violence is a learned behavior, prevention of violence and coping skills can be learned as well. (62 minutes)

What's Hate All About - (grades 7-12) This video

helps young people understand the dynamics underpinning this most dangerous of human emotions. Using an MTV-style format, the program examines through the personal stories of real teens the many reasons people hate and the stereotypes that hate fosters. The program helps students recognize their own negative feelings toward others, and shows them that they can make a difference by speaking out against hate in all its varied forms. (24 minutes)

Working It Out: Conflict Resolution (grades 5-9) -

Introducing pre-teens and young teens to conflict resolution, this video shows students how good communication skills and mediation can turn conflict into a positive experience, build self-esteem, and improve relationships. (28 minutes)

To borrow the above videos send refundable checks in the amount of \$50 (for each video,) made payable to the New Jersey State Bar Foundation to: NJSBF, New Jersey Law Center, One Constitution Square, New Brunswick, NJ 08901-1520 Attn: Video Loan Library.

Videos are loaned for a period of two weeks and must be returned via insured U.S. mail, certified mail or UPS so that shipments may be tracked.

NJSBF Educational Publications

The following publications may be ordered directly from the New Jersey State Bar Foundation's website at www.njsbf.org or by calling the Foundation at 1-800-FREE LAW.

Bill of Rights Bulletin is a 24-page newsletter packed with articles on the Bill of Rights, as well as crossword puzzles, word searches, constitutional trivia, facts about our founding fathers and much more. This publication is geared for elementary and middle school students.

Constitutionally New Jersey is a 12-page newsletter devoted to New Jersey's constitution, and is published as a companion piece to the Bill of Rights Bulletin. In addition to articles, the newsletter contains puzzles, interesting New Jersey facts and firsts, and explains why New Jersey is called the Garden State. This publication is geared for elementary and middle school students.

Historic Documents of New Jersey and the United States contains the Declaration of Independence, the Articles of Confederation and the U.S. and New Jersey Constitutions.

Law Adventure/Law Fair Mock Trial Exercises features the previous year's winning cases from the Foundation's Law Adventure and Law Fair competitions and are useful as a teaching tool as well as for preparing an entry for the competition.

Legal Consequences of Substance Abuse explains how New Jersey's strict drug laws and vigorous enforcement can impact your life. Free copies are available in both English and Spanish. (Bulk orders can be filled for school and community groups.)

The Legal Eagle, the Foundation's legal newspaper for kids, is published three times a year and deals with timely legal issues of importance to students.

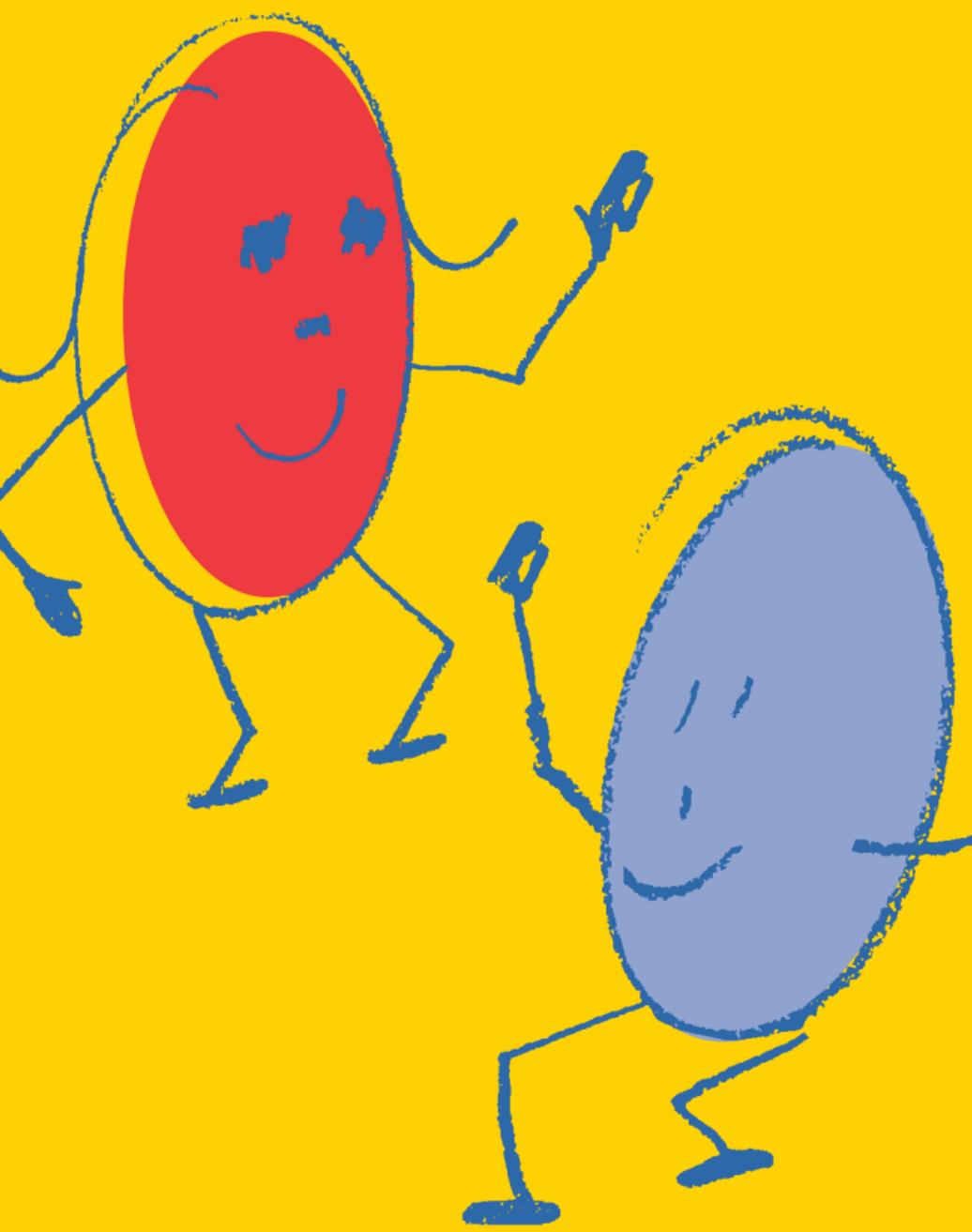
Mini-Court Teacher's Guide is a mock trial activity booklet for grades K-2 and offers teachers of young students ways to incorporate the law into their curriculum.

Mock Trial High School Workbook contains information for entering the Foundation's Vincent J. Apruzzese High School Mock Trial Competition and the case for the annual competition.

Respect, the Foundation's newsletter promoting tolerance and diversity, is published three times a year and is intended for grades 7-12.

Students' Rights Handbook (third edition) is a publication cosponsored with the American Civil Liberties Union of New Jersey intended for high school students.

What You Need to Know About Plagiarism identifies what plagiarism is and the consequences for it. The booklet also answers the question of how to avoid plagiarism and explains such terms as copyright and public domain.



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