

# East Brunswick Public Schools

## Grades K-6

### A Parent/Guardian's Guide to Understanding Friendship, Conflict and Problem-Solving



**2022-2023**

\*Please review this guide with your child/children  
for some helpful tips with friends

## **HOW DO YOU KNOW IF A SITUATION IS BULLYING OR NORMAL CONFLICT?**

### **Bullying Could Be:**

- **Serious threat of physical harm, emotional, or psychological hurt**
- **One time or a repeated occurrence**
- **Can be intentional, and/or planned**
- **Want to take power or possessions from someone**
- **No effort to solve the problem by the person bullying**
- **Imbalance of Power – Not friends**

*If you are uncertain if your child is experiencing a normal conflict or a bullying situation, please feel free to contact the student's teachers, principal, or Student Assistance Specialist (Anti-bullying Specialist) to describe your concerns.*

### **New Jersey's Harassment, Intimidation and Bullying (HIB) Definition**

**In 2011, New Jersey enacted legislation called the Anti-Bullying Bill of Rights Act.**

**For more information, see our district website <http://www.ebnet.org>**

*When you report a suspected HIB to your child's school, here are some of the actions taken to investigate your concerns:*

- **Individual interviews of all students involved**
- **Review of documents, including Parent feedback form**
- **Appropriate interventions are taken to provide support to students involved**

# FRIENDSHIP, CONFLICT, AND PROBLEM-SOLVING

In our schools, we learn about how to build friendships and what to do when things do not go as planned. Many times, students experience what is called “normal conflict.”

Normal Conflict Typically is:

- Occasional
- Impulsive or accidental
- Equal Power
- Equal emotional reaction (ex: Remorseful)
- Desire and effort to solve the problem by both parties

Examples include:

- Telling a friend her picture is ugly when she wins 1<sup>st</sup> place in the art competition
- Taking a friend’s snack when he isn’t looking because that friend did the same thing yesterday which caused them to laugh.

When students experience normal conflict, the key is to use several strategies to solve the problem:

**THINK** about it    Notice **FEELINGS**    **SAY and/or DO** something

# STRATEGIES STUDENTS CAN USE TO SOLVE FRIENDSHIP CONFLICTS

## THINK about it

- Stop and Think about what is happening.
- NAME THE BEHAVIOR (be specific “John called me a liar when I said I was safe at first base” rather than “John was a bully.”)

## Notice FEELINGS

- Ask yourself “How does my body & heart feel?”
- Take a DEEP BREATH before saying or doing anything.

## SAY and/or DO something

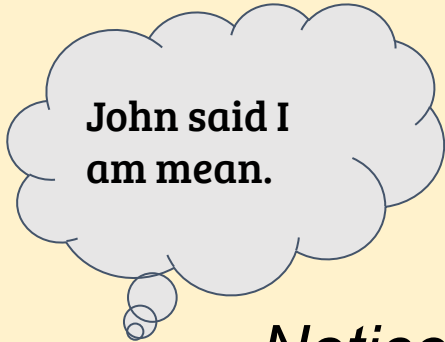
### · Solve the Conflict

- o Identify the problem
- o What are some possible solutions?
- o For each solution, ask yourself:
  1. Is it safe?
  2. How might people feel about it?
  3. Is it fair?
  4. Will it work?
- o Choose a solution and use it.
- o Is it working? If not, what can I do now?

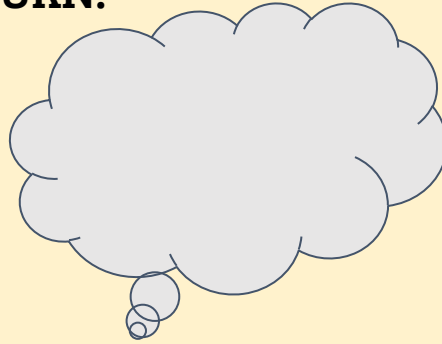
# TRY THESE STRATEGIES WITH YOUR CHILD

*THINK* about it

EXAMPLE:



YOUR TURN:

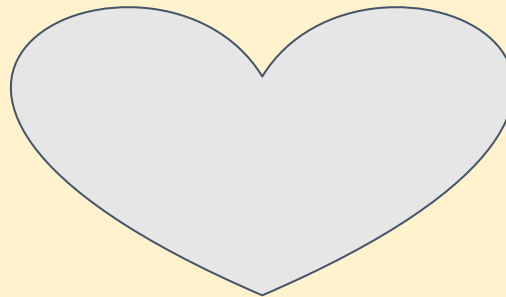


Notice **FEELINGS**

EXAMPLE:

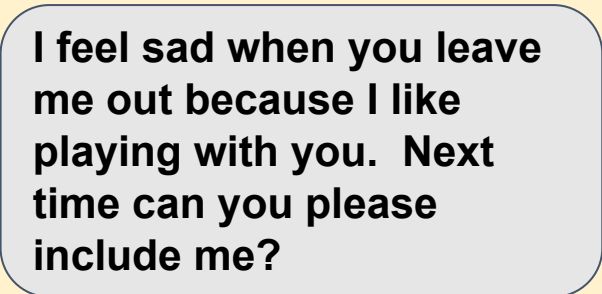


YOUR TURN:

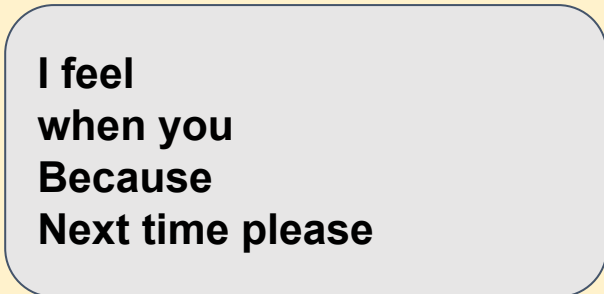


**SAY and/or DO** something

EXAMPLE:



YOUR TURN:



## STRATEGIES STUDENTS CAN USE TO SOLVE FRIENDSHIP CONFLICTS

- Use an I-MESSAGE

I feel \_\_\_\_\_

When you \_\_\_\_\_

because \_\_\_\_\_.

Next time,

please \_\_\_\_\_.

- Talk to an adult for help at school & at home

**East Brunswick Public Schools:  
Elementary Student Assistance Specialists/Anti-Bullying Specialists**

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