

# SOCIAL EMOTIONAL WELLNESS NEWSLETTER

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Created by: HEBISD Crisis Intervention & Prevention Team

## THE TEAM

Our team is composed of licensed mental health professionals. We connect families to mental health resources, address mental health crises across the district, are members of HEBISD's Threat Assessment Team, provide mental health training to HEBISD staff and the community. You can submit a referral to our team by clicking [HERE](#).

### IN THIS EDITION:

# 1

Empathy

# 2

Healthy Relationships

# 3

Conflict Resolution

# 4

Kindness

## EMPATHY

Empathy is important because it allows us to understand and share the feelings of others, which fosters stronger relationships, promotes compassion, helps resolve conflicts, and enables us to connect with people on a deeper level by seeing things from their perspective, ultimately leading to a more supportive and harmonious society

Key points about the importance of empathy:

1. Relationship building
2. Communication improvement
3. Compassion and prosocial behavior
4. Conflict resolution
5. Mental well-being
6. Leadership effectiveness



### Healthy Relationship Behaviors

#### Respect

Each person's beliefs are valued & they are admired for who they are

#### Trust

There is a shared belief that you won't harm one another

#### Communication

You talk with each other candidly & feel safe resolving disagreements

#### Responsibility

Each person is accountable to their words & actions

#### Pace

There is mutual comfort with the flow of the relationship's progression

#### Independence

You expect one another to take space outside the relationship

#### Equity

Each person freely & justly commits to the relationship's success

### Unhealthy Relationship Behaviors

#### Possessiveness

Overt or underhanded jealous attempts to control how you may behave or interact with others

#### Irresponsibility

Makes excuses or blames you for their harmful actions; it is your responsibility to maintain their mood

#### Manipulation

Attempts at controlling your beliefs or choices often involving dishonesty or distorting reality

#### Intensity

Expresses extreme or overwhelming feelings or actions; pace of relationship is troubling

#### Disrespect

Mistreatment; attempts at sabotage; makes you feel badly about yourself or your values

#### Instability

Reactions are unpredictable, making you feel confused or afraid; withholds affection as a form of punishment

#### Technology Abuse

Misusing technology to harass, intimidate, stalk and/or manipulate their partner.

# RESOURCES

National Domestic  
Violence Hotline

Love is Respect

Teen Dating Violence  
Awareness Month

Healthy Relationship Quiz

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## CONFLICT RESOLUTION

Conflict resolution skills are essential tools for students of all ages. They help them navigate the complexities of relationships and conflicts that arise during these formative years. Some key benefits include:

- Fosters Emotional and Social Intelligence
- Enhances Communication Skills
- Builds Problem-Solving
- Promotes Positive Environments in various settings

Conflict resolution skills are essential tools for students of all ages. They help them navigate the complexities of relationships and conflicts that arise during these formative years. Developing these skills early in life equips children with the ability to handle and resolve conflicts gracefully, paving the way for academic success and well-rounded personal development.

- **Effective Communication:** This can be practiced by role playing scenarios with children, reminding them they can write out talking points before addressing the conflict and encouraging “I” statements during the process.
- **Empathy and Active Listening:** These are essential when resolving problems among students and adults. Children understand better how to deal with conflict when they recognize that their feelings and those of others are legitimate and important.
- **Negotiation and Compromise:** It’s important that students learn the balance between advocating for themselves and recognizing the needs of others. Children often learn best by observing the behavior of adults. By modeling good negotiating behavior, we teach kids valuable interpersonal skills. Practice scenarios can be simple, such as deciding on a game to play or negotiating extra screen time, which helps teach kids practical application of these concepts in everyday decisions.
- **Managing Anger and Emotions:** Effectively handling emotional responses is an important skill for students, especially when navigating conflicts. By learning to manage anger and emotions, kids can enhance their interpersonal relationships and improve their academic and social environments.
- **Building Positive Relationships and Fostering Teamwork:** One effective strategy to promote interpersonal relationships is teaching students the importance of making friends and respecting diverse perspectives. Activities that encourage sharing, cooperation, and understanding of others’ feelings can significantly boost camaraderie among students.

*More at: AllWin Conflict Resolution Training*

## KINDNESS

Kids understand kindness at a very early age. In fact, babies as young as 8-12 months can demonstrate kindness by sharing their food and toys with others. Kindness is the trait of being selfless, generous, considerate and friendly; qualities that most parents like to foster in their children. And with good reason – acts of kindness impact the levels of certain neurotransmitters in our brains that affect happiness and attachment to others.

For those kids who seem to naturally struggle with kindness, the good news is that it can be taught just like any other skill. And the earlier it’s taught, the better! Here are a few ways to foster kindness in kids:

1. Be a good role model of kindness
2. Teach them to be helpers
3. Be specific when expressing gratitude
4. Explain that small acts have big impact
5. Clarify that it’s not always easy
6. Emphasize being kind to themselves
7. Volunteer when/if possible