

Conflict-Wise JV

Address impact of bullying and other abusive behaviors

Whether a student is engaging in bullying, fighting, or harassment, our **Conflict-Wise JV** intervention course helps young people recognize the impact of their behaviors. The course provides the skills training to resolve conflict and diffuse anger.

Becoming aware of how damaging one's behavior can be is an important initial step in making a change. **Conflict-Wise JV** provides personalized feedback on the effects and consequences of student actions. Each teen receives an action plan with their preferred anger and stress management strategies and feedback to better manage their behavior.

FEATURES




Confidential MY SUMMARY personalized feedback report with action plan



Student Management System to view enrollment and completion records

INTERACTIONS


Physiological, Cognitive, and Behavioral Components to Anger




Short-term and Long-term Effects of Anger

Common Anger Triggers

LOSING A GAME



Types of Anger Triggers



Conflict triggers strong emotions. When it's handled badly, it can damage relationships.

Conflict Resolution

You stated that you experienced the following consequences of harassing behavior:



LEGAL TROUBLE PAID A FINE

Personalized Feedback

INTERVENTION

- Anger Management
- Conflict Resolution
- Harassment
- Bullying
- Fighting
- Interpersonal Violence

LEARNING OUTCOMES

After taking **Conflict-Wise JV**, the individual will be able to:

- Identify their behavior type, thought process, and thinking style
- Explore how personal identity, values and core beliefs affect how they interact with others
- Differentiate between healthy and unhealthy responses to conflict
- Identify types of harassment such as bullying, sexting, cyberharassment, stalking and assault
- Discuss how anger affects mental and physical health
- Recognize how alcohol and drug use can escalate abuse
- Develop action steps if they find themselves in an abusive relationship
- Understand the value of being assertive when interacting with others
- Assess their online behavior and its potential impact
- Choose their own strategies to best manage stressful situations and anger triggers
- Recognize the risks and consequences of their actions
- Choose conflict resolution strategies that work best for them
- Recognize, interrupt, and replace anger with an appropriate anger management tool
- Build empathy and communication skills
- Dispel myths surrounding dating violence