

Dear Parents,

Safety Net – Conflict Avoidance

This month during the *Safety Net* portion of our classes, we will discuss conflict avoidance with students.

Learning how to deal with conflict is an important skill for everyone to learn. In particular, we are going to be talking about four steps to conflict avoidance using the acronym S.A.F.E. Each week, we will focus in depth on one of the following steps:

- S** = Safe Habits – avoiding dangerous situations
- A** = Awareness – be aware of your surroundings
- F** = Feelings – intuition and your gut feeling
- E** = Exit – if in doubt get out

In class, we will be role-playing situations so that students can practice conflict avoidance skills.

Students can be encouraged to use the conflict avoidance skills learnt in class in other situations, such as when arguing with a sibling or dealing with a bully at school. In this way, the skills that they learn will be used in all areas of their life and not just in the dojo.

Thanks,

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