

OK CONFLICT WHEEL



I GOT THIS

Walk or Move Away

- If someone is being mean, unfair or getting you upset, go somewhere else. Leave them alone. (If in class you may need to get permission first.)

Don't Respond

- If someone is rude or unkind, try not to take it personally. Reacting to negativity often creates more negativity.
- If they go low you stay high.

Take a Breather

- Count to 10 or 20 & begin to calm down.
- Play with or focus on someone or something else.
- Take a break from this person or activity.

Maybe it's Me

- Ask yourself honestly, "Am I being unfair, difficult or selfish?"
- Sharing, taking turns, being kind or being patient isn't always easy.

Talk it Out

- Share your feelings with someone you trust. It often makes you feel better, even if you can't change the situation.
- Talk about ways to improve the situation or see it differently.

Apologize

- When we make a mistake and hurt someone or their feelings say I'm sorry and mean it.
- Look them in the eye and use a kind voice

Let it Go

- "Even though this made me mad or sad, maybe they didn't mean to hurt my feelings."
- "Maybe it was an accident."
- "Maybe they're having a bad day."

Write/ Think it Out

- Before you react or make a decision about how to handle a conflict—think it through or write about it. It might help you see things clearer or find a solution.

I NEED A HAND

Talk to a Youth Leader

- Ask a YL if they have time to talk with you.
- Explain the situation calmly and clearly and tell them the I GOT THIS options you tried
- Be open to advice

Talk to a Teacher

- Ask them if you can speak to them
- Explain the situation calmly and clearly and tell them the I GOT THIS options you tried (You may have to wait until after class)

Talk to Administrator

- Ask to have a meeting with the Principal or someone else in charge to talk about your conflict.
- Tell them the I GOT THIS options you tried

Talk to Your Parent

- Ask them if they can help you think of a solution to your problem
- Talk through the I GOT THIS options with them and get their advice.

Wait 'til Tomorrow

- Sometimes our feelings are very strong in the moment. We often think clearer and feel better after time passes.

Share My Feelings

- Sometimes people don't know what they have done hurt or upset you. Let them know how their actions made you feel.
- If now isn't the time, maybe later

Win Win

- Most people don't want to have problems with each other.
- Ask them to work it out with you. Compromise and find a solution that lets everyone win a little.

HELP NOW

When there is an emergency:
If I am hurt or one of my classmates is hurt, afraid or in danger...
TALK TO AN ADULT IMMEDIATELY.
IF THEY DON'T LISTEN,
FIND ANOTHER ADULT WHO WILL!

BEHAVIOR/DISCIPLINE POLICY

OVERVIEW: We aim to create an environment where children are encouraged to be their individual and unique selves. We employ teen role models who provide classroom support, guidance and reinforcement of these values in our community. As a result, our Summer Institute is an accepting, caring, emotionally supportive and positive environment for children.

GOAL: We work on building self-esteem and self-discipline in our students and expect that children will give and receive respect and encouragement from everyone at the Institute. We aspire that all adults involved with our students (parents, staff, teachers) empower children to feel comfortable and confident when dealing with conflict; help them to take responsibility for their own behavior; and provide positive role modeling to help maintain a safe environment.

EXPECTATIONS:

- Students are expected to be respectful with fellow students and all staff members.
- Students are expected to follow instructions given by their supervisors (administrative staff, instructors and Youth Leaders) at all times.
- Students are expected to be cooperative and participate positively in ALL camp activities.
- Students are not allowed to roam the property without supervision.
- Children who do not follow directions (particularly with regards to leaving the classroom without permission) may be dismissed from camp (no refunds).
- Children that are aggressive (words or action) to staff or other students may be dismissed from camp.
- Stealing, bullying, physical fighting or fighting back can be a cause for dismissal.
- Cell phones are not to be used at any time by students unless given permission. Cell phones and iPads will be confiscated if used at inappropriate times (IMC is not responsible for lost or stolen property)
- Toys and candy are not recommended to be brought to camp.

Gum is NOT allowed.

PHILOSOPHY: *Conflict is Normal*

Conflict is a normal part of children's lives. Having different needs or wants, or wanting the same thing when only one is available, can easily lead children into

conflict with one another. “She won’t let me play,” “He took my ...”, “Tom’s being mean!” are complaints that parents, caregivers and school staff often hear when children get into conflict and are unable to resolve it. Common ways that children respond to conflict include arguing and physical aggression, as well as more passive responses such as backing off and avoiding one another.

When conflict is poorly managed it can have a negative impact on children’s relationships, on their self-esteem and on their learning. However, teaching children the skills for resolving conflict can help significantly. By learning to manage conflict effectively, children’s skills for getting along with others can be improved. Children are much happier, have better friendships and are better learners at school when they know how to manage conflict well.

OK CONFLICT: EMPOWERING CHILDREN TO SOLVE THEIR OWN PROBLEMS

- **I GOT THIS:** Letting students know that “Conflict is OK” and giving them tools so they can begin to solve most of the conflicts they will have during camp and beyond.
- **I NEED A HAND:** Helping students identify when and who to go to when they cannot solve a conflict on their own.
- **HELP NOW:** Giving students clarity about when help is urgently needed and making sure they get that help.

HOW PARENS CAN HELP: Review the OK Conflict model with your child/ren. (Will be distributed at Summer Camp Orientation Meeting) As parents, we are often very protective and want to swoop in and solve the problem to keep our child safe and happy. But studies show that children who feel capable of solving their own problems feel more confident and overall happier. If your child is having a challenge with their peers, encourage them to self-solve by following the “I GOT THIS” options. Explore possible solutions with them and help them identify some of their own behaviors that might be feeding the conflict.

If the problem persists, encourage them to follow the “I NEED A HAND” model and have them talk about their feelings with someone on staff.

We ask that parents only get involved if a problem persists without improvement or, of course, if a parent feels their child’s situation is urgent.

Overall, we want to remind everyone that conflict is normal and a part of the growing up process.

CONSEQUENCES: Students are reminded that they are responsible for their own actions and that breaking rules has consequences. Normal measures include an oral reprimand and reminder of expected behavior, loss of play time, assigned seating, a time out, writing a letter of apology, and loss of a privilege. Repeated inappropriate behavior will first be addressed to parents and if continued may result in dismissal from camp. Extreme inappropriate behavior may result in immediate dismissal from camp.

PLEASE NOTE: We have approximately 200 students attending our Summer Camp. It is a continually busy and fast-paced environment. Children will participate in both small and large group activities without a lot of one-on-one attention. Please keep your child's temperament and personality in mind when finalizing their camp registration. If your child has trouble engaging with other children, needs a more individualized atmosphere or struggles with change (as ours is a fluctuating environment), they might be better served by a smaller program with fewer components.

REGLAS DE COMPORTAMIENTO/DISCIPLINA

VISIÓN GENERAL: Nuestro objetivo es crear un ambiente donde se aliente a los niños a ser su yo individual y único. Empleamos modelos a seguir para

adolescentes que brindan apoyo en el aula, orientación y refuerzo de estos valores en nuestra comunidad. Como resultado, nuestro Instituto de Verano es un ambiente de aceptación, cuidado, apoyo emocional y positivo para los niños.

META: Trabajamos en la construcción de la autoestima y la autodisciplina en nuestros estudiantes y esperamos que los niños den y reciban respeto y aliento de todos en el Instituto. Aspiramos a que todos los adultos involucrados con nuestros estudiantes (padres, personal, maestros) capaciten a los niños para que se sientan cómodos y seguros al lidiar con conflictos; ayudarlos a asumir la responsabilidad de su propio comportamiento; y proporcionar modelos positivos para ayudar a mantener un entorno seguro.

EXPECTATIVAS:

- Se espera que los estudiantes sean respetuosos con todos los miembros del personal.
- Se espera que los estudiantes sigan las instrucciones dadas por sus supervisores (personal administrativo, instructores y líderes juveniles) en todo momento.
- Se espera que los estudiantes cooperen y participen positivamente en TODAS las actividades del campamento.
- Los estudiantes no pueden deambular por la propiedad sin supervisión.
- Los niños que no siguen las instrucciones (particularmente con respecto a salir del aula sin permiso) pueden ser despedidos del campamento (sin reembolsos).
- Los niños que son agresivos (palabras o acciones) con el personal u otros estudiantes pueden ser despedidos del campamento.
- Robar, intimidar, pelear físicamente o defenderse puede ser una causa de despido.
- Los teléfonos celulares no deben ser utilizados en ningún momento por los estudiantes a menos que se les dé permiso. Los teléfonos celulares y iPads serán confiscados si se usan en momentos inapropiados (IMC no es responsable de la propiedad perdida o robada)
- No se recomienda llevar juguetes y dulces al campamento. **La goma de mascar NO está permitida.**

FILOSOFÍA: El conflicto es normal

El conflicto es una parte normal de la vida de los niños. Tener diferentes necesidades o deseos, o querer lo mismo cuando solo hay uno disponible, puede llevar fácilmente a los niños a entrar en conflicto entre sí. "Ella no me deja jugar", "Él tomó mi...", "¡Tom está siendo malo!" son quejas que los padres, cuidadores y personal de la escuela a menudo escuchan cuando los niños entran en conflicto y no pueden resolverlo. Las formas comunes en que los niños responden al conflicto incluyen discusiones y agresiones físicas, así como respuestas más pasivas, como retroceder y evitarse unos a otros.

Cuando el conflicto se gestiona mal, puede tener un impacto negativo en las relaciones de los niños, en su autoestima y en su aprendizaje. Sin embargo, enseñar a los niños las habilidades para resolver conflictos puede ayudar significativamente. Al aprender a manejar los conflictos de manera efectiva, se pueden mejorar las habilidades de los niños para llevarse bien con los demás. Los niños son mucho más felices, tienen mejores amistades y son mejores aprendices en la escuela cuando saben cómo manejar bien los conflictos.

EMPODERAR A LOS NIÑOS PARA QUE RESUELVAN SUS PROPIOS PROBLEMAS

- **ENTENDÍ ESTO:** Dejar que los estudiantes sepan que "El conflicto está bien" y darles herramientas para que puedan comenzar a resolver la mayoría de los conflictos que tendrán durante el campamento y más allá.
- **NECESITO UNA MANO:** Ayudar a los estudiantes a identificar cuándo y a quién acudir cuando no pueden resolver un conflicto por sí mismos.
- **AYUDA AHORA:** Dar a los estudiantes claridad sobre cuándo se necesita ayuda con urgencia y asegurarse de que reciban esa ayuda.

CÓMO PUEDEN AYUDAR LOS PADRES: Revise nuestro modelo de conflicto DE ACUERDO con su hijo/a. (Se distribuirá en la Reunión de Orientación del Campamento de Verano) Como padres, a menudo somos muy protectores y queremos lanzarnos y resolver el problema para mantener a nuestro hijo seguro y feliz. Pero los estudios muestran que los niños que se sienten capaces de resolver sus propios problemas se sienten más seguros y, en general, más felices. Si su hijo está teniendo un desafío con sus compañeros, anímelos a resolverse a sí mismos siguiendo las opciones de "TENGO ESTO". Explore posibles soluciones con ellos y ayúdelos a identificar algunos de sus propios comportamientos que podrían estar alimentando el conflicto.

- Si el problema persiste, anímelos a seguir el modelo "NECESITO UNA MANO" y pídeles que hablen sobre sus sentimientos con alguien del personal.
- Pedimos que los padres solo se involucren si un problema persiste sin mejorar o, por supuesto, si un padre siente que la situación de su hijo es urgente.
- En general, queremos recordar a todos que el conflicto es normal y parte del proceso de crecimiento.

CONSECUENCIAS: Se recuerda a los estudiantes que son responsables de sus propias acciones y que romper las reglas tiene consecuencias. Las medidas normales incluyen una reprimenda oral y un recordatorio del comportamiento esperado, pérdida de tiempo de juego, asientos asignados, un tiempo fuera, escribir una carta de disculpa y la pérdida de un privilegio. El comportamiento inapropiado repetido se dirigirá primero a los padres y, si continúa, puede resultar en el despido del campamento. El comportamiento inapropiado extremo puede resultar en el despido inmediato del campamento.

TENGA EN CUENTA: Tenemos aproximadamente 200 estudiantes que asisten a nuestro campamento de verano. Es un entorno continuamente ocupado y de ritmo rápido. Los niños participarán en actividades de grupos pequeños y grandes sin mucha atención personalizada. Tenga en cuenta el temperamento y la personalidad de su hijo al finalizar su registro en el campamento. Si su hijo tiene problemas para relacionarse con otros niños, necesita una atmósfera más individualizada o lucha con el cambio (ya que el nuestro es un entorno fluctuante), podría ser mejor atendido por un programa más pequeño con menos componentes.