

Dear Families/Caregivers,

When two or more people get together, there is potential for conflict. Conflict is a problem between two people. It is important to teach students how to resolve conflicts in a way that reconnects them to others.

We learned about gossip and rumors and how they can be hurtful. **Gossip** is talking about another person in an unkind way. A **rumor** is information or a story about another person that may or may not be true.

Strategies for responding to gossip or rumors include:

Ignore it. Instead of spreading the piece of gossip or the rumor, just ignore it.

Correct it. If you know something is not true, correct it.

Educate Others. Speak out against gossip and rumors and tell an adult if the situation is harmful to others.

Here are a few things you can do with your child to help him or her learn how to communicate his or her perspective through conflict using I-Messages.

- Read a book or watch a TV show with your child where the characters are experiencing gossip or rumors. Talk about the way the characters resolved their gossip or rumors. Ask how the ICE strategies could have helped the characters resolve their conflict.
- When your child is faced with gossip or rumors from his or her sibling, cousin, or friend, encourage him or her to ICE the gossip or rumors.

Sincerely,

Your Child's Teacher