

MY NAME _____

Healthy Vibe – Peace Makers page 19

HEALTHY VIBE

HEALTHY LIVING

Peace Makers

CONFLICTS CAN AFFECT BOTH OUR MENTAL AND PHYSICAL HEALTH, BY INDUCING STRESS OR DEPRESSION, AND SOMETIMES, PUTTING US AT RISK OF VIOLENCE.

Regardless of where you live, disputes between different groups, organisations and families within any community are common occurrences.

If not addressed or handled correctly, some disputes can quickly spiral out of control, becoming more difficult to resolve the longer they drag on.

This is just one of the reasons why having the ability to call on professionally trained mediators to help manage disputes can be really helpful. That's why the NSW Government is running a training program this month to assist in training Indigenous people to become mediators in their communities.

Up to 25 Indigenous people from across the State will be selected for the training to take place

at the Kurri Kurri campus of the TAFE NSW Hunter Institute from 13 to 15 April.

"Mediation is not only an effective and inexpensive method of resolving conflict, but also more in keeping with the traditional ways of settling disputes in Aboriginal and Torres Strait Islander communities," said Community Justice Centres Director Natasha Mann.

"Mediation helps communities to maintain ownership of disputes and find solutions in keeping with their cultural values.

"For example, conflict in Aboriginal and Torres Strait Islander communities tends to affect all community members, so resolving problems needs a creative and flexible approach."

The course, a combination of workshops and electronic and written resources, will take participants through units from the nationally recognised qualification in mediation.

"Attending the training will equip people with skills to go back to resolve disputes within their communities," says Natasha.



Some handy tips for resolving conflicts

Stay calm! There's no point trying to resolve a conflict when you're in a rage – it's just not going to help. Avoid the shouting match by taking some time out and agreeing to discuss things when everyone's calmed down.

Get things straight. So many conflicts arise from miscommunication, so it's important for both sides to understand the conflict from the other point of view. Each person involved should describe

the conflict in their own words, without interruption, to get all views across.

Listen! Remain respectful while listening to the other person talk and make an effort to understand their point of view.

Fix it. Search for a solution to the conflict by brainstorming ideas together. Be supportive of all ideas and, most importantly, be willing to negotiate or compromise.

STAY STRONG



DO YOU HAVE DIABETES? HERE'S HOW TO STAY HEALTHY AND AVOID AN AMPUTATION.

Pg 20

STRONG & SMART



DOCTOR MARK ANSWERS YOUR QUESTIONS. THIS MONTH: THE TRUTH ABOUT SMOKING.

Pg 22

HEALTHY BODY



MAKE A YUMMY PEAR, ROCKET AND NUT SALAD. WHICH MAKES THE MOST OF FRUIT IN SEASON.

Pg 23

FOOD FOCUS



REACH FOR A JUICY PEAR TO GET A SWEET FIX THAT WILL ALSO GIVE YOU ENERGY.

Pg 23

CELEBRITY HEALTH



MANLY PROP GEORGE ROSE TELLS HOW HE STAYS FOCUSED TO ACHIEVE HIS SPORTING GOALS.

Pg 24



Different levels of conflict occur between people every day and can usually be resolved quickly. However, sometimes conflict can be difficult to resolve independently so it can be useful to have someone to mediate between groups.

The NSW government is currently providing training so that Indigenous people can gain skills to become community mediators.

Mediation helps communities to maintain ownership of disputes and to find solutions that match cultural values.

The most important things to remember when faced with conflict are to keep calm, get all the information from the people involved in the dispute, listen to everyone's point of view and to find a solution that everyone is happy with.

ACTIVITY 1: UNDERSTANDING WHAT YOU READ

Read Peace Makers on page 19

1. How does the cartoon in the centre of the page support the text?

2. Why is it important for everyday conflicts to be resolved correctly?



3. Conflict between people is a common part of everyday life.

Shade one bubble.

TRUE

FALSE

4. When dealing with conflicts, it is best to avoid a shouting match. This means

you shouldn't make a game out of it.

you should always deal with a dispute when you are angry about it.

you should try to take some time out from a dispute instead of letting it get out of control.

5. If not addressed or handled correctly, some disputes can spiral out of control.

"Spiral out of control" is an example of

metaphor.

alliteration.

simile.

an adjective.

ACTIVITY 2: SPELLING

Each sentence has one word that is incorrect.

Write the correct spelling of the word in the box below it.

1. Conflicts are common **ocurences** .

2. Disputes need to be **adresed** correctly.

3. The course will provide communities with **profesionaly** trained mediators.

4. Resolving problems needs a creative and **flexable** response.

ACTIVITY 3: LANGUAGE CONVENTIONS

Where should the commas (,) go in this sentence?

When faced with disputes search for solutions be supportive of all ideas and most importantly be willing to negotiate or compromise.

Which of the following correctly completes these sentences?

Shade one bubble.

1. Attending the training equip people with skills to resolve disputes within their communities.

has has been will be will

2. When dealing with conflict, remain respectful you make an effort to understand their point of view.

so but then now

3. Where should the dash (-) go in this sentence?

There is no point trying to resolve a conflict when you're in a rage it's just not going to help.

4. Which sentence uses speech marks correctly?

"Mediation is more in keeping with traditional ways of settling disputes, said Natasha Mann."

"Mediation is more in keeping with traditional ways of settling disputes," said Natasha Mann.

Mediation is more in keeping with traditional ways of settling disputes," said Natasha Mann."

"Mediation is more in keeping with traditional ways of settling disputes, said" Natasha Mann.

ACTIVITY 4: WRITING A REVIEW

A review describes and evaluates a literary, visual or musical text.

Reviews usually begin by outlining the Context of the text, followed by a Description of the text and an Evaluation or rating.

Write a Review about your favourite place to visit (like your favourite museum, shopping centre or park), or your favourite book, movie, television show, video game or CD.

Think about:

- ★ The main features of your chosen review topic
- ★ Some facts and figures about the topic
- ★ Examples of your favourite features, or suggestions about improvements that could be added
- ★ Illustrations or pictures from the internet.

Remember to:

- ★ Research and plan your review before you start writing
- ★ Structure your review so that it starts with the overall Context, then includes several points and examples in the Description stage, and concludes with an Evaluation
- ★ Write in sentences
- ★ Pay attention to the words you choose, your spelling and punctuation
- ★ Edit and check your writing when you are finished.

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