

CRESST News

For heads,
teachers,
support staff,
youth workers

For everyone
interested in social
transformation
and
education

Summer 2010

Conflict Resolution Education in Sheffield Schools Training

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Conflict resolution education could have a real impact on society but schools can't go it alone!

Conflict within personal relationships and in worldwide communities can result in suffering and anxiety. Conflict is however an important part of development, change and living with others, so there is a real need to learn how to deal with it constructively and creatively. Unfortunately many of us learn only three responses to conflict:

1. Take the conflict to a higher authority
2. Respond aggressively or manipulatively to make sure we get our own needs met
3. Ignore or avoid the situation.

Many teachers complain that their pupils have had the SEAL (Social Emotional Aspects of Learning) lessons and say all the "right things" during circle time but in practice, on the playground or away from school, they are still resorting to limited and inappropriate responses.

The goal of Conflict Resolution Education (CRE) is to help young people learn how to resolve their own conflicts imaginatively and non-violently showing that there are realistic alternatives to aggression, manipulation and passivity. This means helping everyone to understand the nature of "the beast", learning the essential skills and **practising** alternative strategies and techniques in relatively safe and appropriate places such as home, school and youth club where adults and peers are on hand to help if things get difficult.

This is why CRESST promotes a holistic approach to CRE. Schools can be places where resolution techniques are modelled by adults and older pupils, where pupils are encouraged to "talk things over" and get problems "sorted" and where mediation by adults or older pupils may be on offer. But this whole school approach cannot afford to stop at the classroom door or the school gate. Parents, youth leaders and members of the community must be involved if the work in schools is to have an impact. Our children's education is not limited to the school curriculum.

Conflict resolution education deserves a higher exposure if we are going to address many of our social issues such as community cohesion, violent extremism, domestic abuse, social injustice. Just as schools cannot be left out of community projects, so the community should not be left out of school projects.



Community Police Officer with Julie Petty and Adrian Digby at the Carfield staff training last year.

"I really enjoyed the training and found it very useful. I think anyone would. The whole community could benefit from this."

CRESST provides training in CRE, restorative practices and peer mediation, promoting alternatives to aggression and violence.

Youth Training



Staff and a governor at **Rawmarsh Comprehensive School** took their volunteers to **Edale Youth Hostel** for a weekend of peer mediation training.

Freeman College trained a small group of staff and students in conflict resolution and mediation. *"This will be of real benefit to our college."*



Citizenship Day for Y9 pupils at Kingshurst Academy

- a conference style day dedicated to **"Conflict Resolution"**. CRESST provided planning support, the introduction, the plenary and two of the workshop choices.

"It was an amazing day and students really enjoyed it. I will be booking you again as soon as I have dates for next year!" Andrea Thomason Citizenship Leader

Mediation

An Offer of Mediation at Parkwood Academy

What is Mediation?
It is a process facilitated by two mediators working with two people in dispute.

The mediators promise:

- Not to take sides
- Not to gossip about the argument
- Not tell you what to do
- ...and they promise to do their best to help the disputants resolve things for themselves

The disputants are encouraged to:

- Listen to each other's side of the story
- Empathise with each other
- Jointly come up with ideas for settling their differences
- Agree on a solution they can stick to

What has happened at Parkwood so far?
A total of 17 participants (including four adults) have received two days of intensive training on the process of mediation.

The training took place in March 2010 and included:

- Learning the five step process to facilitating a mediation
- The use of listening, questioning and reflection in mediation
- Lots of practice in role plays to learn how to conduct a mediation
- Careful consideration of safety and care of duty issues

What are we offering?
Our offer can be clarified by talking with any of the mediators but includes the following:

What is the service?

- It is mediation for two students at a time who have had a dispute with each other (rather than where one has clearly wronged the other or where violence is involved or where it obviously requires experienced handling by a teacher)
- Mediation will take at least twenty minutes and may require more than one session

Where & When is it?

- Mediations will take place by prior arrangement in mentor's side room
- It will usually happen during lunchtime

Parkwood Academy, working with Jim Welch, used an inset day for whole staff training in conflict resolution and followed this up with mediation training for a group of staff and pupils.

Adult Training

CRESST has continued to deliver conflict resolution training for parents doing the Family SEAL programme.

Staff working for "Kids Can Do", CYPD and the Adoption Service have all enjoyed a training day.

CRESST has received a small grant from Sheffield's Strengthening Communities Fund to deliver training at Owl Brook School to parents and members of the community this coming Autumn.

Eighty adults working with children and young people came to "Introduction to Conflict Resolution Education" training days this year. Twenty have come to "Peer Mediation; Training the Trainers".

Over 250 student teachers from Hallam University and Teach First attended training sessions this year.

Junior Peer Mediation Conference 2010

This year's conference will be held on **20th October** at the Quaker Meeting House, Sheffield. All primary schools in Sheffield and Rotherham that have a peer mediation scheme are invited to send up to four representatives plus their adult mentor.

This is an opportunity for young mediators and adult mentors to meet and mix, learn new skills and have some fun.

Further information will be sent through the post but get in touch by phone or email if you want to reserve your places.



Mediators at Carfield Primary School

A good time is guaranteed



Mediators at Porter Croft Primary School made their own posters in IT lessons.

Stocksbridge Junior is taking a whole school approach to conflict resolution which involves working with all teaching and support staff, children, parents and governors.

Conversation with a pupil in the entrance hall

Boy: I liked your assembly last week.

Me: Thank you. What did you like about it?

Boy: The story was good

Me: Did you learn anything?

Boy: Oh yes. I learnt that you shouldn't do things when you are angry because you might regret it.

You should calm down and think about what you could do.

Networking Sessions for Peer Mediation Coordinators

Do you mentor or coordinate a Peer Mediation Scheme? Would you like to be kept informed of the latest developments, share your problems, hear from others about what really works well? Don't miss out on this year's Training and Networking Sessions Autumn term 22nd October at the conference (see above).

Spring term 2nd February and Summer term 14th June at Scotia Works. 12:30 until 4:00 with lunch provided.

The Peer Mediation Network is a national body for adults involved in peer mediation. Contact the CRESST office if you would like to be on their mailing list.

Fundraising and Volunteering

Many thanks to all our volunteers, past and present, who have done some wonderful work for CRESST over the years; helping with training, raising money and being on the Board of Trustees. Particular thanks to Ruth, Margaret and Alison for raising a staggering amount at the Plant Sale held in July and Maggie and Stacey for raising money in the half marathon. We were delighted that Waitrose included us in their charity token scheme and thank everyone who dropped their tokens our way.

Events in November include a stall at the Peace Fair and a Ceilidh on the 27th.

CRESST is always on the look out for committed people who are willing to give their time and expertise (not to mention their money). to this very worthy cause. If you would like to find out more about volunteering or becoming a "Friend of CRESST" contact the office by email or phone. Cheques are always welcomed and can be made out simply to "CRESST" and sent to the office.

CRESST TRAINING

An Introduction to Conflict Resolution Education

Conflict Resolution Education aims to reduce unnecessary and damaging conflict and teaches the skills needed to make appropriate resolutions for the benefit of all.

This one day workshop will develop an awareness of the nature of conflict and explore the key skills of communication, empathy, cooperation, problem solving, mediation and other restorative practices. The vital question of how these concepts and skills might be acquired by the younger generation is also addressed.

This training day is suitable for anyone who would like to develop their own ability to deal with conflict and also has an interest in education.

Dates for 2010 and 2011

Monday 27th September Wednesday 10th November Thursday 20th January
Thursday 31st March Wednesday 25th May Thursday 14th July

Time: 9:15 to 4:00

Venue: Scotia Works, Leadmill Road, Sheffield S1 4SE

Cost: £80

Conflict Resolution Education:

Deepening the concepts, developing the skills

For people who have already attended the Introduction to Conflict Resolution Education training day and want to extend their knowledge and skills base. The day will be full of activities, games and "take aways" to use with children and young people.

Friday 8th October

Time: 9:15 to 4:00

Venue: Scotia Works, Leadmill Road, Sheffield S1 4SE

Cost: £80

Peer Mediation: Training the Trainers

Two days training to learn how to train Peer Mediators and introduce a scheme into your school/organisation. Recommended that at least two members of staff attend.

Course requirement: Previous attendance at "An Introduction to Conflict Resolution Education"

Dates for 2010 and 2011

11th and 12th November

5th and 6th April

Time: 9:15 to 4:00pm

Venue: Scotia Works Leadmill Road Sheffield S1 4SE

Cost: £180 per person (cost includes a copy of the Training Handbook)

Places on all the above are limited so book early. To get a booking form contact the CRESST office on 0114 241 2745 or email: admin@cresst.org.uk

CRESST is here to help your school/youth organisation develop a community approach to conflict. CRESST will deliver training to suit your group's needs and in your own venue. To find out more give Cheryl a call on the number above