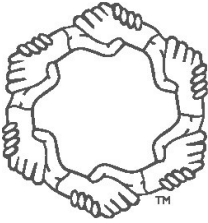


WeSolve EXTRA, READ THE GOSSIP!

WeSolve PEACE
TIMES COLUMES
Volume 2006, Issue 003



Practice Tips for Self Esteem

Spend time with positive people.

Avoid those who put you down when you come around.

Do things you are good at a lot and things that you enjoy.

Develop your talent.

Be your OWN best friend.

Take responsibility for your choices and actions.

Make your OWN choices.

Always do what you believe is right.

Be true to your self and your values.

Respect other people and treat them right.

REWARD YOURSELF for Successes!

Coming events!

Teambuilding class with the Houston Texans Football Team in April!

THE HE SAID- SHE SAID

What is MESS? HOW DOES IT GET STARTED?

Mess is something that spreads around at school among friends. We have all been a part of gossip or participated in it one way or another. Mess is gossip that ends up getting you tangled in a web between friends. Gossip turns into mess once it's been repeated by several people in different ways, usually with additional gossip or intentional stories to make the conversation juicy.

When friends begin to gossip it can be challenging to decide what to believe. But it is even more challenging to decide what you should DO about it!!!

Well, one of the best things you can do is realize that you have choices. NO ONE determines that for you. Some of the questions I like to ask when I am in a challenging situation is:

WHAT IS MY PART IN THIS?

WHAT DID I DO OR SAY?

WHY DO I CARE?

WHAT IS THE BEST WAY TO STOP THE GOSSIP?

WHO DO I HEAR MOST OF THE MESS FROM?

CAN I AVOID REPEATING MORE GOSSIP?

WHAT DO I KNOW IS TRUE?

STOP TELLING OTHERS?

As long as people live and have friends there will be gossip. It makes life exciting for some and stressful for others. No matter where you stand NO ONE LIKES TO BE IN MESS?

CONTACT US: WESOLVE 713-875-5789
www.wesolveconflict.com

IF you have more to say about MESS at your school email us.

A PIECE OF PEACE PRACTICES FOR THE WEEK

- ✓ Today I forgive someone who has hurt me.
- ✓ Today I apologize to someone I have hurt
- ✓ Today I listen WITHOUT defending myself OR my friends.
- ✓ Today I take time to sit in QUIET PEACE with myself and AVOID GOSSIP
- ✓ Today I WRITE my OWN PIECE of PEACE

These practices can be used each week until they gradually become a part of who you are. They reinforce protect and help raise your self-esteem.

Try it for 2 weeks tell us what it did for you?

EMAIL:
mediator@wesolveconflict.com



Is self-esteem permanent, or does it change?

Is it never too late to change the way we feel about ourselves?

WHAT KINDS OF CHOICES DO I MAKE TO ENHANCE MY SELF ESTEEM ON A DAILY BASIS?

What 2 things am I good at?

How can I apply them to what I do daily?

Do my grades look like me?

A person who cares about them self cares about their grades and success in life. It takes a confident person to work hard at making the best grades they can. It doesn't matter what your grades are in some way they reflect who you are?

A's and B's can help you C who you are. D's and F's mean you need more help!

When you are in doubt about how you look consider what you can do about your grades to make you look better. It will attract teachers, friends and peers. Look at your self in the mirror and let the reflection show up on paper.

If you have made better grades and you feel you reflect that send us a note. www.wesolveconflict.com

T.V. Telling me who to be!

I often read magazines that are suppose to target youth and I watch the videos too. I have to admit enjoying some of the songs lyrics and fashions too. BUT where can we draw the line on how we see ourselves and how the media sees us as teens. Here are a few questions to ask your self when trying to determine if what you see and hear is building your self-esteem or intended to

make you fall into average MEDIA-HYPE!

How does the Ad appeal me?
How is it intended to make me feel about myself?
Would I feel good about this Ad if I had HIGH self esteem?

Check out the ads on TV ask yourself these questions (Tell us 713-875-5789) A.B.

WHO'S GREAT?

Each of our WeSolve Schools has very special people who help. We appreciate all of the hard work and effort they provide to help us bring conflict resolution to schools. So a special thanks to:

LaTonya Smith -Ortiz Middle School HISD

William Whiteside- Shadydale Middle School NFISD

Amy Gaudet - N.O.W ACADEMY HISD

Arris Strickland - Thurgood Marshall High School FBISD

Each will be honored at the WeSolve Luncheon **May 17, 2006** along with **HOUSTON MAYOR BILL WHITE**

New Orleans and Houston.....

One of the biggest conflicts we have faced this year has come from students dealing with differences between Houston and New Orleans. It has caused a lot of problems for many students and families on both sides.

We can all relate to change. It is challenging to make new friends and start over. It is also equally as

challenging to adjust to people who you think are different from you and include them in your space.

The thing to remember is that each side has dealt with change. As the year ends let's look at the progress we have made to bring TWO cities together and the challenges we have overcome and continue to believe in each other!