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UNIT SEVEN >>> SORT IT OUT

Dear Parents,

THIS MONTH ///

As the end of the school year approaches, unit seven teaches the students how to **SORT IT OUT**. In this unit, we will learn to build connections in relationships through sorting out our problems and differences. Friendzy teaches **CONFLICT RESOLUTION** skills that equip students to have healthy and strong relationships for the rest of their lives.

Catchphrase (main point for students to catch on to):

Sort It Out

Key Verse (Biblical anchor points):

Matthew 5:23-24

“This is how I want you to conduct yourself in these matters. If you enter your place of worship and, about to make an offering, you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God.”

Colossians 3:12

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”

Conflict is a normal part of being in a relationship with others. We all have different opinions and things we like and dislike. This makes relationships fun and interesting and also makes it difficult to get along sometimes. Depending on how we respond in conflict, it can hurt a relationship, or it can make a relationship stronger.

Continue the Conversation by discussing these key points with your student:

1. **Resolving conflict takes work.** Conflict is a part of life, so learning how to resolve it is time well spent. Sometimes we have to work hard to get the outcome we want.

Working hard for something we care about teaches us responsibility. Resolving our conflict leads to healthy relationships in our lives.

2. **God cares about our relationships with others.** God cares about our friendships. In Matthew 5, God instructs us to get the conflicts in our friendships sorted out before we come to worship Him. God desires for us to keep our relationships with others in order. Listening to God and honoring His word results in honest and healthy relationships.
3. **You have what it takes to S-O-R-T through conflict!** You can do hard things! Sorting through conflict isn't easy, but you have what it takes to get the job done. Remember the acrostic S-O-R-T when you are faced with a conflict. Don't avoid it or ignore it, face the problem head-on. You have all the tools you need to sort it out!
4. **Resolving conflict strengthens our relationships.** Remember all that hard work you invested in S-O-R-T-ing through that conflict with your friend? The hard work pays off! Resolving conflict strengthens a relationship to be stronger and more deeply rooted in trust. The strongest relationships in our lives are the ones that are willing to address conflict and work through it.

RESOLVING CONFLICT STRENGTHENS RELATIONSHIPS ///

Although conflict is not fun, it has some benefits. The ways in which our others are different from us can help to grow us as a person and develop our relationship skills. Here are four ways that dealing with conflict can add strength to us and our relationships.

- > It teaches you things and helps you see the world differently.
- > It pushes you to step outside your comfort zone and get creative with problem-solving.
- > It helps you learn to tolerate and handle strong emotions more effectively.
- > It invites you to grow in patience, love, and care for someone else.

Learning to sort out our conflicts equips us to be better friends!