

# **Social Decision Making/ Problem Solving**



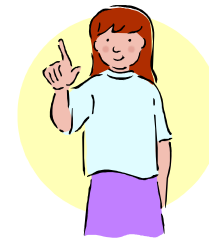
## **Parent Handbook**

Created by St. Charles C.U.S.D. #303

Dear Parents,

This booklet is designed to help you understand the Social Decision Making/ Problem Solving (SDMPS) Curriculum used throughout District 303. The program provides students with cues to help make thoughtful decisions and solve problems more effectively.

Please refer to this booklet to provide a common language between home and school. For more information see your school website. Click on the SDMPS link.



## Giving Compliments

- Look for something you like about the other person.
- Be honest. Don't try to praise someone for something that is not true.
- Be simple. Say clearly what you like.



## Accepting Compliments

- Decide if someone has given you a compliment.
- Say, "Thank you."

**"Treat others the way you would like to be treated."**

## Listening Power

1. Use Listening Position.
2. Pay attention to what the other person is saying.
3. Repeat what the other person is saying.
4. Check to see if you are right.



Use whenever two people are trying to communicate effectively.

# BEST

<b>Aggressive</b> (bullying behavior)	<b>Assertive</b> (the best that you can be)	<b>Passive</b> (timid, shy behavior)
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## Body Posture

-Fists clenched -"In your face" -Tense -Grab, hit, slam -Pound, push	-Listening Position -Relaxed -Standing tall and straight	-Slumping shoulders -Shuffling feet -Head down
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## Eye Contact

-Glaring -Staring	-Direct -Good eye contact	-Looking down -No eye contact
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## Speech

-Insults -Put-downs -Bossy, bad words -Mean words	-Clear -Nice words -Polite	-Unclear -Muttering -Mumbling
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## Tone of Voice

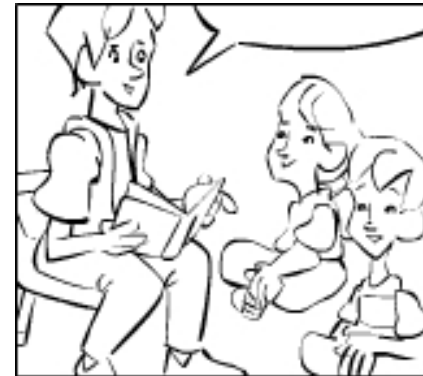
-Yelling -Screaming	-Mostly calm	-Soft -Low -Whining
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**Be the BEST that you can be!**

- B- Body posture
- E- Eye contact
- S- Speech
- T- Tone of voice

# Speaker Power

- Giving respect to the person who is speaking – the job of the audience is to listen carefully without interrupting.
- Speaker Power is NOT always represented by an object – it is respect to the person who is speaking.



Use at school, home, movies, with friends, or other adult speakers.

## Keep Calm

1. Tell yourself to stop.
2. Tell yourself to Keep Calm.
3. Slow down your breathing with two long, deep breaths.
4. Praise yourself for a job well done.



Use whenever you feel stressed, nervous, frustrated, upset, excited or anxious.

## Listening Position

- Sit or stand straight.
- Face the speaker or source of sound.
- Think about what is being said.
- Say yes and nod your head (if appropriate).
- Ask a question about the topic (if appropriate).



Use with teachers, parents, other students, friends, groups or coaches.

## FIG/ FIGTESPN

**F**- Find the feelings

**I**- Identify the problem

**G**- Guide yourself with a goal

**T**- Think of many possible solutions

**E**- Envision the consequences

**S**- Select the best solution

**P**- Plan and be prepared for pitfalls

**N**- Notice what happened (now what?)



Use FIG when resolving simple conflicts.

For example;

***“I feel hurt when you take my things without asking. Please ask next time.”***

Use FIGTESPN when the problems/ issues are more involved or ongoing.

## Notes