

**Dear Counselling Corner**

My son came home today and excitedly tried to teach me about a new way of talking to his friends when there was some kind of conflict. He said that it was called an 'I Statement' but he could not remember all the wording. Will you please share it? Thanks!!



**Curious Mom**

**Dear Mom**

For sure! The **I Statement** is a great way to talk to our friends or classmates in a nonconfrontational way. If a conflict occurs, we are encouraging our students to say:

**I feel \_\_\_\_\_ when you \_\_\_\_\_  
because \_\_\_\_\_.**

The **I Statement** is a life skill long which works for all ages in multiple situations. It is important that it is used with a **CALM VOICE**. For example, a student may say to their classmate:

"I feel annoyed when you tease me about my artwork because I like my picture."

Or I may say to my adult daughters:

"I feel frustrated when you choose not to clean up the kitchen after yourselves because that is your responsibility and not mine."

It can also be used to express positive emotions such as:

"I feel grateful when you play board games with me because I have so much fun."

Kids learn best when they see strategies being used in real life situations. For the **I Statement** to be effective, post it in your home, refer to it, model it and encourage your child to use it when appropriate! Have fun!

**Harriette Chang, Counsellor**

Please contact me at [hchang@sd43.bc.ca](mailto:hchang@sd43.bc.ca) if you have any social or emotional concerns regarding your child.