Dear Family,

As young people grow up, they are faced with more difficult situations to deal with. Problems can arise with friends, at school, and at home. Addressing problems in a thoughtful way is an important life skill.

The next theme in the Stepping Up program is solving problems in everyday life. These can be any kind of problems, including those involving other people. The students are learning a process for solving problems called the Action Steps. The process has six parts:

A: Analyze the situation.
B: Brainstorm options.
C: Consider each option.
D: Decide on and Do the best option.
E: Evaluate if it works.
If necessary:
F: Figure out another way.

When students analyze a situation, they are learning to really think about the other person’s perspective—how that person feels and what he or she might need or want. They are realizing that problems often arise when two people see things differently and need or want different things.

The Action Steps help students respectfully solve problems with others. Students who can solve problems in a peaceful way are more successful in school. They can use the Action Steps now in school or later in the workplace.

Try it out at home. Next time you have a problem, ask your child to use the Action Steps with you to solve the problem. Attached along with this letter is a form you can use that will guide you through the Action Steps.

Sincerely,
Ms. Aneesha Babani