



Summary Report for Demo Student Program Completed on 10/31/2024

Congratulations on completing **Conflict-Wise!** This is a summary of the information you provided during the program. The goal is to give you information so that you can make changes that are right for you.

About You

Your Behavior

You said that you engaged in the following behaviors.

These behaviors can be considered aggressive:

- Make fun of someone by text message
- Verbally threaten someone
- Overly criticize someone
- Point out another person's faults in front of a large group
- Stand over someone in a threatening manner
- Taunt someone
- Post an embarrassing picture of someone on social media
- Make fun of someone by email or a message on their social media
- Push someone
- Stare at someone in an intimidating manner
- Damage or destroy someone's personal belongings
- Insult someone
- Threaten to harm someone
- Threaten someone by text message
- Threaten someone by email or a message on their social media

These behaviors can be considered passive aggressive:

- Spread false rumors about someone
- Exclude someone on purpose from a conversation you are having with a group
- Purposely not ask someone to participate in an activity when you are asking many of their other friends
- Ignore someone on purpose
- Talk negatively about someone behind their back
- Create a mean nickname for someone
- Try to convince other people not to like someone
- Become friends with someone just to make another person feel bad
- Pretend you don't hear someone even when you do
- Be critical of someone, then tell them you are only joking
- Watch someone from a distance in a noticeable way with the goal of 'getting into their head'
- Follow someone without them knowing
- Post an insulting comment about someone on social media
- Gossip about someone

These behaviors can be considered passive:

- Not tell someone that something they did bothered you
- Agree to do something even though you don't want to do it

Your Values

Attractiveness: To be physically appealing

Wealth: To have enough money and material possessions to satisfy my needs and wants

Health: To be illness and injury free

Fun: To have a life that is light-hearted, filled with enjoyment and pleasure

Fitness: To be physically fit and healthy

Independence: To be free from dependence on others

Self-esteem: To feel good about myself

Risk

Your Values and Actions

In general, you will experience less stress if your actions match up with your values. When your actions match your values, your life will also be more satisfying.

Below is a summary of the behaviors that you listed as being inconsistent with each of your values.

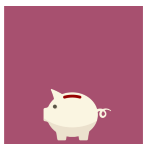
You listed that the following behaviors were somewhat inconsistent or very inconsistent with your value of Attractiveness.

- Verbally threaten someone
- Not tell someone that something they did bothered you
- Purposely not ask someone to participate in an activity when you are asking many of their other friends
- Talk negatively about someone behind their back
- Point out another person's faults in front of a large group
- Post an embarrassing picture of someone on social media
- Push someone
- Become friends with someone just to make another person feel bad
- Agree to do something even though you don't want to do it
- Follow someone without them knowing
- Damage or destroy someone's personal belongings
- Threaten to harm someone
- Post an insulting comment about someone on social media
- Threaten someone by email or a message on their social media



You listed that the following behaviors were somewhat inconsistent or very inconsistent with your value of Wealth.

- Exclude someone on purpose from a conversation you are having with a group
- Make fun of someone by text message
- Verbally threaten someone
- Not tell someone that something they did bothered you
- Overly criticize someone
- Ignore someone on purpose
- Talk negatively about someone behind their back
- Point out another person's faults in front of a large group
- Stand over someone in a threatening manner
- Post an embarrassing picture of someone on social media
- Make fun of someone by email or a message on their social media
- Try to convince other people not to like someone
- Push someone
- Become friends with someone just to make another person feel bad
- Agree to do something even though you don't want to do it
- Pretend you don't hear someone even when you do
- Be critical of someone, then tell them you are only joking
- Stare at someone in an intimidating manner
- Watch someone from a distance in a noticeable way with the goal of 'getting into their head'
- Follow someone without them knowing
- Damage or destroy someone's personal belongings
- Insult someone
- Post an insulting comment about someone on social media
- Threaten someone by email or a message on their social media



You listed that the following behaviors were somewhat inconsistent or very inconsistent with your value of Health.



- Exclude someone on purpose from a conversation you are having with a group
- Verbally threaten someone
- Not tell someone that something they did bothered you
- Overly criticize someone
- Ignore someone on purpose
- Talk negatively about someone behind their back
- Point out another person's faults in front of a large group
- Taunt someone
- Post an embarrassing picture of someone on social media
- Make fun of someone by email or a message on their social media
- Try to convince other people not to like someone
- Push someone
- Become friends with someone just to make another person feel bad
- Agree to do something even though you don't want to do it
- Be critical of someone, then tell them you are only joking
- Watch someone from a distance in a noticeable way with the goal of 'getting into their head'
- Follow someone without them knowing
- Damage or destroy someone's personal belongings
- Post an insulting comment about someone on social media
- Threaten someone by email or a message on their social media

You listed that the following behaviors were somewhat inconsistent or very inconsistent with your value of Fun.



- Make fun of someone by text message
- Verbally threaten someone
- Not tell someone that something they did bothered you
- Overly criticize someone
- Talk negatively about someone behind their back
- Point out another person's faults in front of a large group
- Post an embarrassing picture of someone on social media
- Try to convince other people not to like someone
- Push someone
- Become friends with someone just to make another person feel bad
- Agree to do something even though you don't want to do it
- Be critical of someone, then tell them you are only joking
- Stare at someone in an intimidating manner
- Follow someone without them knowing
- Damage or destroy someone's personal belongings
- Insult someone
- Post an insulting comment about someone on social media
- Threaten someone by email or a message on their social media

You listed that the following behaviors were somewhat inconsistent or very inconsistent with your value of Fitness.



- Verbally threaten someone
- Not tell someone that something they did bothered you
- Talk negatively about someone behind their back
- Stand over someone in a threatening manner
- Taunt someone
- Create a mean nickname for someone
- Post an embarrassing picture of someone on social media
- Try to convince other people not to like someone
- Push someone
- Become friends with someone just to make another person feel bad
- Agree to do something even though you don't want to do it

- Be critical of someone, then tell them you are only joking
- Watch someone from a distance in a noticeable way with the goal of 'getting into their head'
- Follow someone without them knowing
- Damage or destroy someone's personal belongings
- Post an insulting comment about someone on social media
- Threaten someone by email or a message on their social media

You listed that the following behaviors were somewhat inconsistent or very inconsistent with your value of Independence.

- Verbally threaten someone
- Not tell someone that something they did bothered you
- Overly criticize someone
- Talk negatively about someone behind their back
- Point out another person's faults in front of a large group
- Post an embarrassing picture of someone on social media
- Make fun of someone by email or a message on their social media
- Push someone
- Become friends with someone just to make another person feel bad
- Agree to do something even though you don't want to do it
- Stare at someone in an intimidating manner
- Follow someone without them knowing
- Damage or destroy someone's personal belongings
- Threaten to harm someone
- Post an insulting comment about someone on social media
- Threaten someone by text message
- Threaten someone by email or a message on their social media



You listed that the following behaviors were somewhat inconsistent or very inconsistent with your value of Self-esteem.

- Make fun of someone by text message
- Verbally threaten someone
- Not tell someone that something they did bothered you
- Ignore someone on purpose
- Talk negatively about someone behind their back
- Point out another person's faults in front of a large group
- Stand over someone in a threatening manner
- Taunt someone
- Post an embarrassing picture of someone on social media
- Make fun of someone by email or a message on their social media
- Push someone
- Become friends with someone just to make another person feel bad
- Agree to do something even though you don't want to do it
- Follow someone without them knowing
- Damage or destroy someone's personal belongings
- Post an insulting comment about someone on social media
- Threaten someone by email or a message on their social media
- Gossip about someone



Risky Behavior

People often show patterns in their behavior. Researchers study behaviors to see if they can find any links between behavior and outcomes. They have identify certain risky behaviors. These behaviors have been connected to violence.

Within the last 30 days, you have engaged in the following behaviors that potentially lead to violence:

- High Risk Drinking
- Illegal or illicit drug use
- Sensation or thrill-seeking behavior
- Aggressive behavior
- Previous violence and/or abusive behavior
- Criminal activity

Who is Harmed in Bullying?

Based on your answers, you have some understanding of the effects and consequences of bullying. You may not realize just how much of an effect that bullying. You may not realize how many people it affects. Bullying affects even people who are not directly involved).

People who are bullied often feel lonely and depressed. They might even consider suicide. They might have more frequent illnesses and absences from school or work. They also might withdraw from friends and activities. Those who are bullied experience most of the negative consequences, but they are not the only ones.

Bullies might get involved with more violent or criminal behaviors. They will probably experience legal consequences. They will probably have less and less empathy for their peers. This can result in difficulty in their other relationships.

Is it Illegal



Pretending to be someone else may be considered identity fraud, especially if it is done to cause harm to someone else.



Taking nude or semi-nude photos of someone under the age of 18 is considered "possession of child pornography". Sending those pictures to someone else is "dissemination (distribution) of child pornography". Both are illegal. In some states, people found guilty of sexting are charged as sex offenders and listed on the national sex offender registry.



Threatening to harm someone or their property can be considered "threatened battery". Actually causing physical harm may be considered "battery" or "assault".



There are federal laws in place that protect students from discrimination based on religion, race, color, national origin, gender, or sexual orientation. In addition to harassment, students may also be committing a criminal rights violation, or hate crime, when they commit a crime against another person because of their religion, race, color, national origin, gender, or sexual orientation.



Criminal harassment is described as a series of acts directed at a particular person that would cause them to suffer substantial emotional distress.

Emotional Awareness

Based on your answers, you are not very aware of the emotions you are feeling. If you are afraid of strong emotions, you will have a hard time getting to the bottom of things. If you don't know how you feel or why you feel the way you do, you will have a hard time communicating your feelings.

If you are concerned about your emotional awareness, please reach out to someone who can help. You could reach out to a parent, family member, counselor, pastor, or doctor.

Your Consequences

You stated that you experienced the following consequence(s) of harassing behavior:

- Had to pay a fine as a penalty
- Got into trouble at school
- Required to complete some form of treatment (class, counseling, online program, etc.)
- Had to pay money for a form of treatment (class, counseling, online program, etc.)
- Experienced legal trouble (e. g. restraining order)
- Punished at work
- Faced criticism from your peers
- Felt guilty about your actions
- Felt embarrassed when someone you care about found out about the harassing behavior

Anger Management

Your Last Anger Experience

The last time you were angry, you said...

You were **moderately angry**. You responded by **Yelling, Cursing, Breaking something, Thinking of revenge**.

You identified your trigger as **Being bullied, Being made fun of, Physical threats, Violation of personal space**.

You used the following anger management strategies: **Counting to 10, 20, or 30, Take deep breaths, Think before you speak, Use logic on yourself, Talking it out, Walk away**.

You said that, as a result of your choices, you **lost control, hurt people or property, and/or had negative results**.

Final Anger Log

Name _____ Date _____

What was your trigger?

How angry were you?



What you did	What you will do	Inappropriate responses
<input type="checkbox"/>	<input type="checkbox"/>	Yelling
<input type="checkbox"/>	<input type="checkbox"/>	Throwing something
<input type="checkbox"/>	<input type="checkbox"/>	Cursing
<input type="checkbox"/>	<input type="checkbox"/>	Threatening someone
<input type="checkbox"/>	<input type="checkbox"/>	Breaking something
<input type="checkbox"/>	<input type="checkbox"/>	Hitting someone
<input type="checkbox"/>	<input type="checkbox"/>	Other _____
Appropriate responses		
<input type="checkbox"/>	<input type="checkbox"/>	Counting to 10, 20, 30
<input type="checkbox"/>	<input type="checkbox"/>	Taking deep breaths
<input type="checkbox"/>	<input type="checkbox"/>	Relaxing my muscles
<input type="checkbox"/>	<input type="checkbox"/>	Using self-think/self-statement
		Write down what you thought or said to yourself. _____
<input type="checkbox"/>	<input type="checkbox"/>	Talking it out
<input type="checkbox"/>	<input type="checkbox"/>	Ignoring it
<input type="checkbox"/>	<input type="checkbox"/>	Going for a run
<input type="checkbox"/>	<input type="checkbox"/>	Walking away
<input type="checkbox"/>	<input type="checkbox"/>	Other _____

Did you make your anger work for you?

Yes I stayed in control, respected people and property, and had positive results.
No I lost control, hurt people or property, and/or had negative results.

How did you handle the situation



You said these are your triggers: Name calling (directed either at you or your loved ones), Being shouted at, Not being listened to, Being bullied, Being labeled, Experiencing disappointment, Excessive or annoying noises, when people look at me or eat loudly, not sure

These are the things you notice when you get angry:

- Increased breathing rate
- Increased heart rate
- Tightening of stomach muscles
- Chest pain
- Negative “self-talk”
- Pacing back and forth
- Clenching your fist

These are the strategies you said you could use:

- Count to 10, 20, or 30
- Talk it out

Making a Change

Assertive Behaviors

These behaviors can be considered assertive:

- I say no to an activity I don't want to do even if my friends want me to do it
- I express an opinion to others without using blaming or judging language

Assertive behaviors are healthy and the most likely to resolve conflict.

Your Tools for Responding to Conflict

Sight

Sound

Smell

Touch

Taste

Your Readiness for Change

Beginning

not at all important

not at all confident

Importance

Confidence

End

not at all important

not at all confident