

SOLVING CONFLICTS



LEVEL

Introductory Level

AGE GROUP

13 – 16 year olds

TOPIC

Solving Conflicts

EXPECTED LEARNING OUTCOMES

Knowledge

Describe different types of conflicts and identify their causes and effects.

Skills

Identify and recognise responsibility for actions and behaviours.

Assess the short-term, medium-term, and long-term consequences of the solutions proposed to resolve a conflict.

Attitudes

Value the importance of conflict resolution in building positive relationships with others.



EXPLAINER VIDEO

Life is full of ups and downs, and conflicts are just a natural part of it. Whether it's a disagreement with a friend, a fight with a sibling, or a clash with a teacher, conflicts can be stressful and uncomfortable. But did you know that conflicts can also be an opportunity for growth and positive change? In this video you are going to learn how to resolve conflict through active listening, good communication, and staying calm.

A conflict is a disagreement or a clash between two or more people, often caused by different beliefs, opinions, or values. Conflicts can arise in many different areas of life, such as at home, school, or even in our friendships. Conflicts happen for a variety of reasons. Sometimes, they occur because of miscommunication or misunderstandings. Other times, they arise from a difference in values or beliefs. Despite the reason, conflicts can cause a lot of stress and frustration.

Learning to solve conflicts is very important. The first step is to stay calm and listen to the other person's perspective. Try to put yourself in their shoes and understand where they're coming from. This can help you see the situation from a different angle and come up with a solution that works for everyone.

Another important aspect of solving conflicts is communication. Be honest and clear about your own thoughts and feelings, but also be willing to listen to the other person's thoughts and feelings. Try to

find common ground and come up with a compromise that works for everyone. It's also important to remember that conflicts are a natural part of life. We won't always agree with everyone, and that's okay. Instead of avoiding conflicts, try to approach them with an open mind and a willingness to find a solution.

A great way to make sure that you can avoid unnecessary conflicts is by making sure you pay attention when you are in a conversation with another person. By paying attention to what they are saying and showing an interest in them by using positive body language, asking clarifying questions, and showing an interest. This is known as active listening, and it can help to reduce conflict by allowing you to show an interest in what the other person is saying.

In conclusion, conflicts are a part of life, but they don't have to be a source of stress or frustration. By staying calm, listening to others, communicating effectively, and being willing to find a solution, we can resolve conflicts in a way that works for everyone. So, next time you find yourself in a conflict, remember these tips and see if you can come up with a solution that works for everyone involved.



CHECK-IN QUIZ

Conflicts are a natural part of life and can occur in any relationship or situation, including among friends, family, and classmates. It's important to learn how to resolve conflicts effectively, as it can help to improve relationships and promote understanding and respect. This quiz aims to test your knowledge of conflict resolution skills and your understanding of conflicts in general.

1. What is one way to approach conflicts when they arise?
 - a. Become defensive and angry
 - b. Take a deep breath and try to think rationally
 - c. Ignore the conflict and hope it goes away
2. True or False: Conflicts can only have negative impacts on relationships.
3. Why is active listening important in conflict resolution?
 - a. It allows us to come up with better insults
 - b. It can help us understand the other person's perspective
 - c. It makes us look like we care, even if we don't
4. What is empathy?
 - a. The ability to see things from someone else's perspective
 - b. The ability to always be right in a conflict
 - c. The ability to ignore other people's feelings
5. What is a mutually beneficial solution in conflict resolution?
 - a. One person gets everything they want
 - b. One person gives up everything they want
 - c. A compromise that works for everyone involved

ARTICLE: SOLVING MY CONFLICTS!

SOLVING MY CONFLICTS!

Conflict is a natural part of life and can happen in any relationship or situation. It can be very frustrating and overwhelming to deal with conflict, especially when it is unexpected. When you are a teenager, you are still developing your emotional and social skills which makes conflict every difficult. This is why learning how to resolve conflicts effectively is an essential life skill that can benefit us in various aspects of life.

Firstly it is important to acknowledge that conflicts can be emotional and may require time and patience to resolve. As such, it's necessary to have a calm approach when dealing with them. When a conflict arises, take a deep breath, and try to think rationally about the situation. Avoid lashing out or becoming defensive as it can lead to misunderstandings and aggravate the situation.

Another key skill in conflict resolution is effective communication. It's vital to communicate clearly and calmly about how you feel and what you want to achieve in resolving the conflict. When communicating, try to avoid using accusatory or judgmental language as it can cause the other person to become defensive. Instead, use "I" statements to express how you feel, and be sure to listen actively to the other person's perspective.

Empathy is also crucial in resolving conflicts. Put yourself in the other person's shoes and try to understand their perspective. It's

easy to get caught up in our own feelings and beliefs, but taking the time to see things from the other person's viewpoint can help to foster understanding and respect. Empathy can also help to build a sense of connection and trust, which can be useful in resolving conflicts.

Finally, it's essential to find a mutually beneficial solution when resolving conflicts. Sometimes, both parties may not get exactly what they want, but it's crucial to find a compromise that works for everyone involved. Avoid using ultimatums or threats as they can make the other person feel as though their needs are not being considered. Instead, focus on finding a solution that takes into account the needs and wants of all parties involved.

In conclusion, conflicts are a part of life, and learning how to resolve them effectively is an essential life skill. It's important to approach conflicts calmly, communicate effectively, show empathy, and find a mutually beneficial solution. By practicing these skills, teenagers can learn how to handle conflicts positively and respectfully, promoting healthier and more fulfilling relationships.



SELF-HELP ACTIVITY: STAYING CALM DURING ANXIETY

Dealing with conflict can be very difficult and a big strain on your ability to process and cope with heavy emotions. To take care of yourself and your mind after conflict, instead of concentrating on the negative emotions, it's important to deal with the wind-down of such strong emotions through mindful reflection. The best way you can do this is by concentrating on your breathing and finding the calm.

In this activity, you are going to practice mindful breathing and some calm self-reflection that you can use to help deal with the wind-down after conflict.

1. Find a comfortable and quiet place to sit, free from distractions.
2. Close your eyes and take a few deep breaths in through your nose and out through your mouth. Try to breathe in a way that fills up your belly, rather than just your chest.
3. Now, let your breath return to its natural rhythm. Simply observe your breath as it flows in and out of your body. Focus on the sensation of your breath, the way it feels as it enters and exits your body.
4. If your mind starts to wander, don't worry. This is natural. Simply acknowledge your thoughts and gently bring your attention back to your breath.
5. As you continue to focus on your breath, start to count each inhale and exhale. Count to 10 and then start over at 1. If you lose count, don't worry. Just start over again.

6. As you count your breaths, you may notice that your mind becomes more calm and relaxed. You might feel more aware of your body and the present moment.
7. Continue to focus on your breath and count for the next 3 minutes. When the time is up, slowly open your eyes and take a few deep breaths.

Link to Video:

Mindful Breathing Exercise *by Every Mind Matters:*
<https://www.youtube.com/watch?v=wfDTp2GogaQ>



VIDEO LIBRARY

Conflict resolution: How to settle your differences fairly *by BrainPO*
https://www.youtube.com/watch?v=jg_Q34kGsKg

Fighting fair: How do you resolve conflict? *by AMAZE Org*
https://www.youtube.com/watch?v=gu8gSuF_lw

Visual example of the 5 different conflict resolution styles *by Justin Powell*
<https://www.youtube.com/watch?v=qiqbmuXAc0g>

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