

Conflicts and Resolutions

LEARNING INTENTIONS

- TO BECOME MORE AWARE OF HOW TO STRENGTHEN PEER RELATIONSHIPS.
- TO UNDERSTAND THAT CONFLICTS ARE NOT NECESSARILY NEGATIVE.
- TO KNOW HOW DIFFERENT REACTIONS TO CONFLICT HELP SHAPE ITS OUTCOME.

What is Conflict?

CONFLICT IS WHEN PEOPLE HAVE A SERIOUS DISAGREEMENT. IT CAN LAST FOR A LONG TIME AND BE DIFFICULT TO SOLVE. SOMETIMES CONFLICTS CAN INVOLVE PHYSICAL VIOLENCE.

AT SOME POINT IN OUR LIVES, WE ALL COME INTO CONFLICT WITH PEOPLE. LEARNING HOW TO RESOLVE (END) CONFLICT IS AN IMPORTANT LIFE SKILL.

Friendships can be challenging, and conflict may arise, so this lesson is about handling conflict.

Why and when might friendships (even the closest friendships) start to change?



Maybe...

- ▶ When someone moves away;
- ▶ When another person comes into the group;
- ▶ If there's an argument.

Is it ever inappropriate or wrong to
continue a friendship?



How Can We Resolve Conflict?



In one minute, tell your partner about all the different ways conflict can be resolved.



What is Conflict Resolution?

A process of resolving a disagreement between two or more parties.

We often think of conflicts as bad or unfortunate situations to be avoided if possible. However, in most cases, conflicts are opportunities to make something better.

Although conflicts are seen negatively, it is often the way people chose to respond to them.

There are multiple ways to react in conflict situations, some destructive and others constructive.

Ways to Resolve Conflict?

Destructive



Leads to more arguments, escalations and negative comments.

Constructive



Leads to learning, problem solving and better relationships.

What is challenging about coming up with CONSTRUCTIVE response when you're actually in a conflict?

“My brother always wears my clothes”

Constructive

1. Ask if he knows which clothes belong to me. Offer to mark his tags.
2. He seems to like my shorts. Offer to show him where I bought them.
3. Explain that him wearing my clothes bothers me. See if he has any solutions

Destructive

1. Yell at him or hit him whenever I see him in my clothes.
2. Wear his clothes without asking, since he's in mine.
3. Keep all my clothes dirty so he won't want to wear them.

Conflict Scenario

Jo and Allie have art class together. Allie is one of the best artists in school, while Jo's skills are not as good. Yesterday, Allie joked that Jo's painting looked like "fat stick figures." Jo agreed and laughed away the comment. But today, Allie again made fun of Jo's art again, pointing and snickering at it with her friends. This time Jo snapped, and reached across the table to paint a big, blue streak on Allie's paper. Allie jumped up and yelled at Jo. The art teacher separated the two and arranged for mediation. Allie is absolutely furious that Jo marked her piece. It's the first rule of art, you DO NOT add to someone else's work without permission! And that wasn't just any painting; Allie was going to submit it to the art show. Jo doesn't see what the big deal is. Yes, he marked one of Allie's pictures, but Allie's portfolio is FULL of pictures just as good. If she wanted to, she could make another beautiful painting in no time.

Constructive	Destructive

Activity

The aim of the activity is to help you to understand that our responses help determine whether conflicts lead to fall out or productive solution.

Constructive	Destructive

Work in groups of three. Think of a problem that might cause (or has caused conflict) - you can use the Jo and Allie example if you'd like. Write down three constructive ways of dealing with, and three destructive ways.

Plenary

Feedback from each group to the class.
Others given 2 mins to come up with a
consequence for every constructive and
destructive response shared.