16 Learn How to Resolve Your Conflicts

TRANSITION OBJECTIVE

Students will learn and practice a process to resolve conflicts.

RELEVANCE TO SUCCESSFUL TRANSITION

Resolving conflicts is an ongoing process. Choosing not to resolve a conflict causes resentment and future problems. Choosing to resolve a conflict takes courage and skill.

INSTRUCTIONAL SEQUENCE

☐ **STEP 1**: Update Journal

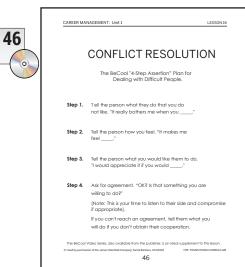
A conflict I have is . . .

☐ **STEP 2**: Convene Roundtable

"To me, conflict means _____."

☐ STEP 3: Advance Organizer

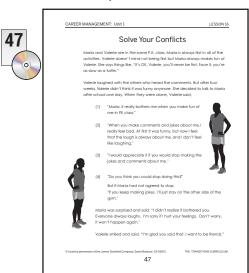
"Today you will learn about conflict and the steps to resolving a problem with someone."



☐ STEP 4: Activity - 15 Minutes

Explain that we all have a person in our lives who causes problems. This is a person who often says or does something that makes you feel hurt or bad. This person may be a friend, teacher, relative, co-worker or classmate whose behavior often causes a

conflict. Explain that there is a process for conflict resolution that will change the way a problem person treats you. Show a screen image of the handout **Conflict Resolution** as you discuss the steps with the class.



☐ STEP 5: Activity - 30 Minutes

Your Conflicts about two girls who had a conflict. In pairs have students identify each of the steps in the story. After five minutes, discuss the sequence of steps in the story, starting with Step One. Have each pair report at least one of the steps to the class. Pairs continue to practice by applying the conflict resolution process to each situation on the **Resolve It** worksheet. Have students

take turns verbalizing and writing each of the steps of the conflict resolution process to solve each situation. After everyone has completed the worksheet, ask for volunteers to role-play their solutions to each of the conflict situations.

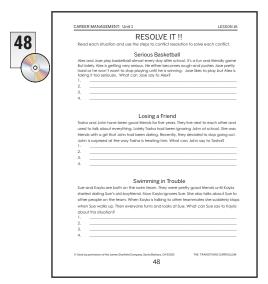
Talk with students about when conflicts become bullying. Remind students to follow the steps for responding to bullying from Lesson 3.

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The easiest step for me is "_____."

☐ **STEP 7**: Connecting Activity

Challenge students to resolve a conflict they are having with someone by using the five-step conflict resolution process. Have students share their experiences using the process.



KEY WORDS								
conflict	resolution	solution	explain	solve				

MATERIALS AND PREPARATION

- Student Handouts: Conflict Resolution, page 46; Solve Your Conflicts, page 47; Resolve It!, page 48.
- Prepare to discuss conflict resolution using personal examples.
- Prepare for examples.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Listening, Speaking, Writing
- Thinking Skills: Decision-Making, Problem-Solving
- Personal Qualities: Self-Esteem, Sociability, Self-Management