

Materials	Paper and pen
Learning Outcome	Develop relationship skills by examining how to identify and resolve conflict.

Description

Begin a conversation with the youth about conflict. Conflict is a part of life but it can be very hard to accept, manage, and resolve. Explain to the youth that there are a variety of approaches to solving conflict, with some including steps and others introducing different personality types related to conflict. In reality, there is truly no one-size fits all solution to conflict. In fact, there are a variety of factors that contribute to conflict including cultural and personal characteristics, and the situation in general.

Ask the youth to keep the following points in mind as they work through the activity:

1. Conflict is based on our **perceptions** related to life experiences, culture, values, and beliefs.
2. Conflict triggers strong **emotions**.
3. Conflict should be accepted and analyzed to identify the **problem**.
4. Conflict should be addressed to find a **solution**.
5. Conflict is an opportunity for **growth**.

Have the youth divide a paper into five sections and label the sections as follows:

- Perceptions
- Emotions
- Problem
- Solutions
- Growth
- Opportunity

Invite the youth to read the scenarios below and use their paper to examine the conflict and propose possible solutions. Share the following three points with the youth before beginning the activity:

- It is not about winning or losing.
- Be emotionally aware and stay calm.
- Provide respect and recognition.

Scenario 1

A new student, Jacob, starts at Amir's school and they are paired together for a school project. Jacob and Amir spend a lot of time doing the project together and become friends. One day Amir asks his good friend, Liam, if Jacob can hang out with them that weekend. Liam gets mad and storms away in the middle of the conversation. Amir cares about Liam's feelings and wants to address the conflict.

Scenario 2

The older sibling of one of Talia's friends keeps insulting Talia. Talia has asked them to stop but one day Talia loses their temper and yells at the friend's older sibling. The older sibling is surprised at Talia's response and wants to talk to Talia to solve the conflict.

After the youth have examined and provided possible solutions to the scenarios, talk about their answers together and discuss how these scenarios may relate to their lives.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the youth the reflection questions below and discuss the answers together.

- *Is conflict always directed at the person that upset the person who is angry? Why or why not?*
- *If you were having problems managing or resolving a conflict, what could you do?*