

CONFLICTS WITH TEACHERS

Sometimes, teachers and students have personality clashes. Kids who get along with their teachers not only learn more, but they are more comfortable asking questions and getting extra help. If a conflict with a teacher seems tough to solve, try these steps:

- Give it time. The situation may get better once you get to know one another better.
- If you've given it time, talk to your parents about setting up a meeting to discuss the problem.
- Fulfill your basic responsibilities as a student, such as attending class on time, be prepared for class with the right materials, listen when your teacher is talking and try your best on all assignments.



CONFLICTS WITH BULLIES

Bullying is the process of intimidating or mistreating another person. Bullies can be people you thought were your friends, co-workers, or even a brother or sister. Bullying can be hurtful but there are ways to handle bullies without physically fighting back.

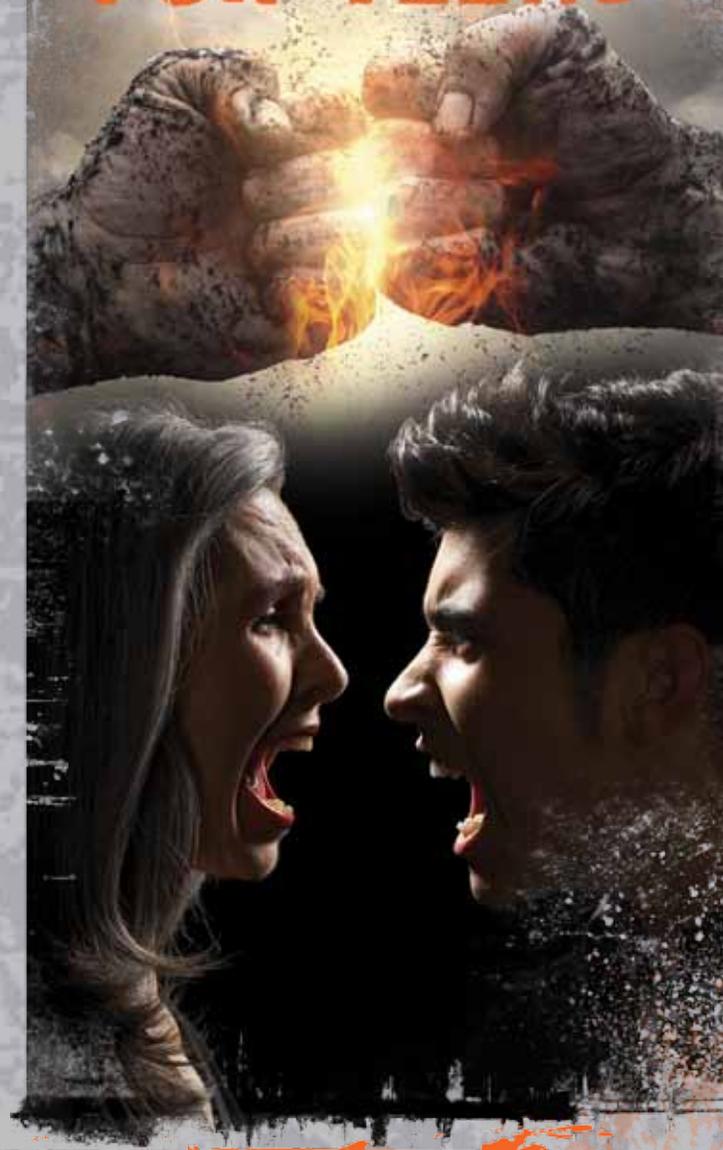
- Try ignoring them because attention is usually what they are striving for.
- Agree with them. This will make the situation awkward for them.
- Use humor, that way you get the last laugh!
- Stick with your friends because they provide support.
- Seek help from a teacher or parent.

HELPFUL TIPS!

There are always going to be conflicts, and that's not always a bad thing! When you use effective conflict resolution, conflicts can lead to better understanding and increased closeness. Here are some tips to remember when resolving conflict:

- Listen!
- Use "I" statements to express your feelings.
- Don't interrupt
- Ask questions but stay away from "Why?"
- Keep your arguments in the present; don't dig up old dirt.
- Avoid "globalizing" the arguments by using words like always or never.
- Keep your requests for behavior changes specific. You can't ask for a complete personality transplant!

CONFLICT RESOLUTION FOR TEENS



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PEACEFUL SOLUTIONS

WHAT IS CONFLICT?

Conflict is a normal and even healthy part of any relationship. After all, not everyone can be expected to agree on everything. Rather than just ignoring conflict, it is important to learn to deal with it effectively or real harm can come to the relationship. Teens especially experience conflict when dealing with bullies, jealousy, gossip, friendships, parents and siblings. If handled correctly, conflict can be an opportunity for growth and can even strengthen the bond between groups of people. By learning successful conflict resolution skills you can keep your relationships strong and growing.

WHAT IS CONFLICT RESOLUTION?

At times we all get angry and frustrated. In these situations what do you do? You could throw a huge temper tantrum, say hurtful things or even get violent, but do these actions ever solve the problem at hand? Probably not!

When dealing with a conflict, it's important to sort things out in a way that's fair for everyone. This process is called conflict resolution. Conflict resolution helps out in the most difficult situations and doesn't involve fighting or going against your ideas and beliefs. Trying to avoid the situation or person is never the best solution. It's best to work together and solve the problem. In many cases, effective conflict resolution skills can make the difference between positive and negative outcomes.

TWO SIDES TO THE STORY

Consequences of Conflict

Depending on how it's handled, conflict can either have positive or negative outcomes.

Some of the negative outcomes include:

- Having built up anger you can't express
- Not being able to improve personally
- Broken relationships with family or friends
- Feeling resentful
- Stress and tension
- Aggression and violence

Some of the positive outcomes include:

- A sense of achievement
- Happiness
- Stronger relationships with family or friends
- Learning more about family or friends
- Learning more about yourself



MAKING THINGS RIGHT

4 Steps to Resolving Conflict

Step 1: Understand

In order for an argument to be resolved, everyone involved needs to understand what the conflict is about. To ensure this, everyone should:

- Have the chance to talk about how they feel.
- Listen carefully to what the others have to say.
- Try to understand the other's point of view.

Step 2: Avoid making things worse

- Avoid put-downs.
- Avoid screaming and shouting.
- Avoid any violent behavior including fighting, hitting, kicking, or pushing.

Step 3: Work together

- Say how they feel without blaming the others involved.
- Take turns at speaking.
- Speak in a calm quiet tone. When you're upset it may be hard to keep your voice down but speaking loudly will only make everyone more upset.
- Show the others involved that you're listening. Do this by:
 - Making eye contact with them when they speak.
 - Making 'listening noises.' For example, saying "Uh huh," "yes" or "no" in the right places.
 - Repeating what they said to ensure you understand correctly. For example, "So you're upset because I didn't invite you to Erica's party?"

Step 4: Find the solution

Once you've discovered the root of the problem, it's time to find a solution.

- Together try to think of ways to resolve the conflict.
- Sometimes it's helpful to have a mutual friend come in and suggest ways of making your ideas work.

Once everyone has agreed on a solution, then everyone is responsible for carrying it out. Sometimes things don't work out the first time. If not, you need to go through the entire process again and find a new solution that works better. Conflict resolution is not always easy. It takes everyone involved to work together willingly.

DATING DILEMMA

Erica's Story

Erica was so excited for her first day of high school. Her day went great – she met new friends and was asked on a date by the starting pitcher of the baseball team. Erica knew her parents had a strict rule about dating but she wasn't going to pass up this opportunity.

When Friday came along, Erica lied to her parents and said she was going to her friend's house. That evening, her parents called her friend's house to ask Erica a question and were told she wasn't there. When she arrived home that night, her and her parents got into a huge argument. Her parents punished her for two weeks and took her phone from her.



During the next few weeks, Erica and her parents argued about everything. Erica was extremely stressed and it was starting to affect her school work. After a month of continuous arguing, Erica decided to confront her parents about the issue. The three of them sat around the kitchen table and allowed everyone to speak their mind. After the conversation, Erica understood why her parents wished she would wait to date and her parents even agreed to be more open minded about her dating earlier.

Erica now feels more comfortable about going to her parents with her problems and she finished her first semester in high school with straight A's.

CONFLICTS WITH PARENTS

When dealing with your parents, talking about a situation may seem impossible, but it will always ease the tension.

- Try to find a time when no one is angry or upset.
- Find somewhere you can all talk without being interrupted.
- Avoid being sarcastic or making personal comments.
- Be willing to compromise.
- Listen to what they have to say and accept their point of view.
- Once a compromise is agreed, stick to it. Try writing a contract you all sign.
- If talking it out seems impossible, try writing a letter explaining how you feel.