

Training session 2

What's My Response to Conflict?

Purpose: To examine one's typical responses to conflict

Length: 45 minutes

Materials: "How I Respond to Conflict" worksheet, Writing Utensils

Procedure:

1. Explain that when we are in conflict with another person, we have certain typical responses. These responses may vary depending on who the other person is and what the situation is.
2. Invite the students to share examples of conflict they have had recently with a brother, sister, or friend. How did they respond? As for examples of conflicts with adults. What were their responses in these conflicts?
3. Refer the students to the "How I Respond to Conflict" worksheet and have them complete it according to the instructions.
4. Divide the students into small groups and ask them to discuss the responses they use most often. Have each group share their conclusions with the class as a whole.
5. Discuss which responses help students get their basic needs met and which do not. The following questions may help:
Does avoiding or ignoring a friend you are mad at help you get your belonging need met? Why?
Does letting an adult decide who is right help you get your power or freedom needs met? Why?
Does talking and finding ways to agree help you? How?

Handout

How I Respond to Conflict

Check the boxes that show the responses that are most typical for you when you are in a conflict with another person. Then circle the three responses you normally make first in a conflict.

Often Sometimes Never

- Yell or threaten the person
- Avoid or ignore the person
- Change the subject
- Try to understand the other side
- Complain to an adult
- Call the other person names
- Let the other person have his or her way
- Try to reach a compromise
- Let an adult decide who is right
- Talk to find ways to agree
- Apologize
- Hit or push back
- Cry
- Make it into a joke

HOW I RESPOND TO CONFLICT

OFTEN

- try to reach a compromise
- apologise
- make it into a joke
- take time
- talk to find ways to agree

SOMETIMES

- cry
- change the subject
- avoid or ignore the person
- let an adult decide who is right
- complain to an adult

NEVER

- hit or push back
- call the other person names
- yell or threaten the person
- let the other person have his/her way