

Activity

Health Inventory**Conflict and Violence**

Read the statements below. Check the box that best describes your behavior in a conflict.

some-
always times never

1. I watch out for the signs that conflict is happening.
2. I choose my words carefully and avoid words that are hurtful.
3. I express my feelings and expectations accurately.
4. I keep a calm expression on my face.
5. I avoid making threatening gestures.
6. I avoid using conflicting types of body language.
7. I make eye contact with the person speaking.
8. I avoid becoming distracted by things going on around me.
9. I repeat what someone who is speaking said if I'm not sure I understood it.
10. I avoid interrupting someone who is speaking.
11. I am willing to discuss my feelings openly and honestly.
12. I am willing to make sacrifices to reach a solution.
13. I watch out for the signs that a conflict is out of control.
14. I take a break if I am in a conflict that is out of control.
15. I would use a mediator to solve an out-of-control conflict.
16. I watch out for the signs that a conflict may become violent.
17. I report any aggression or threats that I see or hear.
18. I practice strategies to control anger.
19. I protect myself from becoming a victim of violence.

Score yourself: Give yourself 3 points for each *always* answer, 1 point for each *sometimes*, and 0 points for each *never*. Write your score here _____.

46–57: Excellent—You always handle conflict effectively.

31–45: Good—You often handle conflict effectively.

16–30: Fair—You can do better at handling conflict effectively.

Less than 16: You need to work on handling conflict effectively.

7th

Lesson: What Is Conflict?

Draw a picture that illustrates what the word *conflict* means to you. Your drawing may show a specific example of conflict, or it may be a symbolic representation of conflict.

Lesson: Communicating During Conflicts

Make a list of body movements or postures that show that a listener is not paying attention to what a speaker is saying. Beneath the list, write a sentence that describes how you feel when someone acts like this when you are speaking.

7/25

Assessment

Quiz**Lesson: Communicating During Conflicts**

Write the letter of the correct answer in the space provided.

- _____ 1. During a conflict with someone, avoid
- a. calling names.
 - b. making fun of another's ideas.
 - c. making threats.
 - d. All of the above
- _____ 2. A characteristic of good listening is
- a. making eye contact.
 - b. interrupting if you don't understand what is being said.
 - c. looking around if there's a distraction to find out what's happening.
 - d. folding your arms.
- _____ 3. For negotiation to work, both sides must be willing to
- a. keep their feelings to themselves.
 - b. have only their interests in mind.
 - c. make sacrifices to reach a solution.
 - d. ignore what is being said if they don't agree with it.
- _____ 4. Which of the following is an example of body language?
- a. facial expressions
 - b. gestures
 - c. posture
 - d. All of the above

Match the descriptions with the correct terms. Write the letter in the space provided. Some terms will not be used.

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| _____ 5. a discussion to reach a solution to a conflict | a. yelling |
| _____ 6. a conflict solution in which each side gives up something | b. collaboration |
| _____ 7. a conflict solution in which neither side has to give up anything | c. body language |
| _____ 8. communication without words | d. name calling |
| | e. negotiation |
| | f. interrupting |
| | g. compromise |

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Enrichment Activity *continued*

Lesson: Communicating During Conflicts

Make a set of five visual images that show people using body language. One image should show positive body language and one image should show negative body language. The other three images should show conflicting body language, for example, someone who is shaking his or her fist and is smiling at the same time. Then, show these visual images to eight different people. Ask your study participants what they think is going on in each picture and how they feel about it. Keep a log of their responses.

1. Before you begin your study, describe below what you think you will find out about how people respond to conflicting body language.

2. After you complete your study, review your data. Was there a different response to the three images that showed conflicting body language compared to the other two images? How did the responses differ? Can you find any patterns in the participants' responses? What else did you notice? Summarize your observations and conclusions below.

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