

Activity

Health Inventory

Conflict Management

Here is a checklist about managing conflict. Put a check next to each statement that describes you.

- _____ 1. I am frequently involved in conflict at school.
- _____ 2. I sometimes seek conflict with others.
- _____ 3. I am not very good at communicating during conflict.
- _____ 4. I do not listen well during conflict.
- _____ 5. I always try to get my way during a conflict. I am not a negotiator.
- _____ 6. I never walk away from a conflict. I like to fight until I win.
- _____ 7. I rarely seek advice from others on how to manage conflict.
- _____ 8. I have a lot of conflict with my parents.
- _____ 9. I have a lot of conflict with my siblings.
- _____ 10. I have a lot of conflict with my teachers and other students..
- _____ 11. I find myself wanting to become violent when I get angry.
- _____ 12. I often let my anger get out of control and do things that I later regret.

Give yourself one point for each checkmark. Write your score here _____.

- 1-2: You are good at managing conflict.
- 3-4: You usually handle conflict well, but there is room for improvement.
- 5-6: You should work on ways to handle conflict better.
- More than 6: You may have a problem dealing with conflict. You should discuss this problem with a parent or trusted adult.

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Lesson: What Is Conflict?

Take a minute to think about times when you argued with another person. List the causes of at least five of those arguments.

Lesson: Communicating During Conflict

Make a list of things that people do with their body language that tells you they are not listening to you. Describe how you feel when you see this body language.

Assessment

Quiz**Lesson: Resolving Conflict**

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

- _____ 1. Negotiation
- a. requires both parties in a conflict to describe their needs and feelings.
 - b. requires each party to understand and respect the other person's position.
 - c. usually ensures that both parties get at least some of what they want.
 - d. All of the above
- _____ 2. Which is a characteristic of a good mediator?
- a. no special training
 - b. inability to control the situation
 - c. objectivity
 - d. impatience
- _____ 3. What is an advantage of peer mediation programs at school?
- a. The peer mediators help their friends win in a conflict.
 - b. The peer mediators are usually easy to access.
 - c. The peer mediators are much older than the people involved in the conflict.
 - d. None of the above

Match the definitions with the correct term. Write the letter in the space provided.

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|--|-------------------|
| _____ 4. someone of similar age to the people in a conflict who helps resolve a conflict | a. negotiation |
| _____ 5. the act of discussing the issues of a conflict to reach an agreement | b. compromise |
| _____ 6. solution in which each side gives up something to reach an agreement | c. collaboration |
| _____ 7. solution that does not require anyone to give anything up | d. mediation |
| _____ 8. someone who listens to both sides of the conflict and offers solutions | e. peer mediation |

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Activity

Life Skills: Communicating Effectively

Lesson: Communicating During Conflict

CHOOSING YOUR WORDS IN A CONFLICT

Read the following situation. Then, answer the questions.

Tori's brother Nick took one of her books out of her room without asking. When Tori wanted to read the book she could not find it. She noticed Nick reading the book and got very angry. Tori asked Nick what he was doing with it. Nick rolled his eyes and said he just wanted to read it for a little while. Tori became very angry and started yelling at Nick. She would not listen to any of the explanations Nick gave her. Nick also became angry and started yelling. Then, Nick told Tori he was keeping her book and stormed out of the room.

1. What could Nick have done differently to prevent this conflict?

2. How did each person demonstrate poor communication?

3. What could each person have done differently to communicate more effectively?

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