



## CONFLICT IN THE HOME

*Conflicts can happen in shared housing situations. Whether the issue is with a roommate or a landlord, there are steps you can take to help resolve the situation safely and appropriately.*

### **If the Conflict Is with a Roommate:**

**If you feel unsafe at any time, prioritize your safety.**

- Leave the home immediately if necessary.
- Stay with a friend, family member, or seek temporary accommodation while you assess your options.

**If your safety is not at risk, try to:**

- Speak calmly and respectfully with your roommate.
- Clearly explain the issue and listen to their perspective.
- Aim to reach a mutual and reasonable solution.

**If a resolution cannot be reached, consider your options:**

- Ending your tenancy (review your lease terms first)
- Subletting your room, if permitted under your agreement
- Discussing alternative arrangements, such as one roommate moving out

**Tip:** Keep written records of important conversations and agreements.

### **If the Conflict Is with Your Landlord:**

- Start by communicating in a calm, polite, and respectful manner.
- Clearly explain the issue and propose a reasonable solution.
- Keep copies of emails, messages, and notices for your records.

**If the issue cannot be resolved through communication, you may need external support:**

- In British Columbia, tenancy disputes are handled through the [Residential Tenancy Branch](#).
- Tenant Advocacy & Legal Support ([TRAC](#)). Offers free tenant information, education, and resources.

**If you feel unsafe or threatened, mediation may not be appropriate:**

- Contact local emergency services immediately if you are in danger (**911**).
- Seek temporary accommodation with friends or family.
- Some community organizations can help connect individuals to crisis or housing support resources.



**Important Note:** Mediation works best when all parties are willing to communicate. If safety is a concern, always prioritize personal well-being over attempting resolution.

