

CONFLICT RESOLUTION WITH FRIENDS AND FAMILY

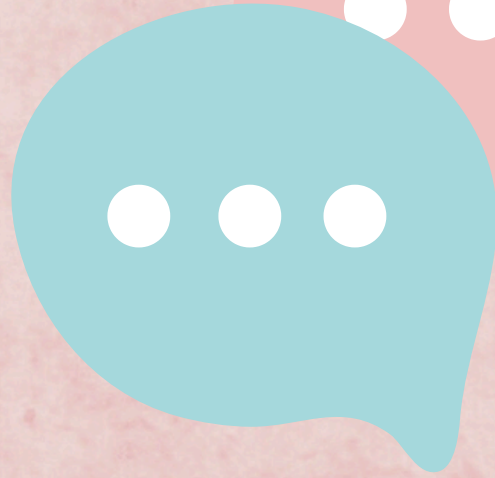


MRS. STEWART

PRE-TEST



TODAY WE WILL



Learn effective communication and conflict resolution strategies to improve relationships with friends and parents. By the end of the lesson, students will be able to:

01.

Understand the importance of empathy and active listening

02.

Apply strategies to communicate respectfully and resolve disagreements

ACTIVITY



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What do you notice about their
communication?

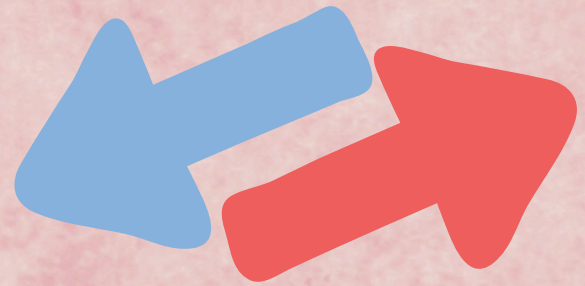
CALMNESS, EMPATHY AND PERSPECTIVE-TAKING

FIRST, CONTROL YOUR
EMOTIONS TO AVOID
LASHING OUT AT THE OTHER
PERSON. TAKE A FEW DEEP
BREATHS OR IF YOU CAN,
GIVE YOURSELF SOME TIME
BEFORE YOU APPROACH THE
PERSON.

EMPATHY IS THE ABILITY TO
UNDERSTAND AND SHARE
FEELINGS OF ANOTHER.

WHY IS IT IMPORTANT TO
SEE THE OTHER PERSON'S
PERSPECTIVE?

ACTIVE LISTENING



ACTIVE LISTENING IS GIVING
YOUR FULL ATTENTION,
AVOIDING INTERRUPTIONS,
AND STATING BACK TO THE
OTHER PERSON WHAT YOU
HEARD THEM SAY.

"I HEARD YOU SAY THAT THE
REASON WHY YOU HAVEN'T
BEEN TALKING TO ME IS
BECAUSE YOU WERE SCARED
I WOULD GET MAD."

RESPECTFUL COMMUNICATION

USE "I-MESSAGES" RATHER
THAN "YOU-MESSAGES,"
WHICH CAN SOUND LIKE YOU
ARE BLAMING THE OTHER
PERSON.

"I FEEL SAD WHEN WE DON'T
SIT AT LUNCH TOGETHER
BECAUSE I ENJOY OUR
CONVERSATIONS AND I LIKE
YOU AS A PERSON."

VERSUS

"YOU NEVER SIT WITH ME
ANYMORE!"

REFLECTION



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How did the father and son change their communication?
How might these skills improve your relationships in the
long term?

POST-TEST



Post-Test





QUESTIONS?

THANK YOU !