



Conflict Resolution

Grades 6-8

Language of Health Literacy:

To resolve a conflict means ____.

I feel ____ when ____ because ____.

To stay calm during a conflict, I should ____.

____ made me upset.

Staying and working out this conflict is worth it because ____.

I feel safe/unsafe when ____ because ____.

Step 1

Understanding someone else's perspective is important because ____.

An assertive voice is ____.

At the end of the conflict resolution I want ____.

I hear that you want ____ by the end of this conflict resolution because ____.

Step 2

For this conflict to be resolved, I want/need ____.

I hear that you want/need ____ to resolve the conflict.

I want/need ____.

We both want/need ____ from this resolution. Can we agree on this point?

I won't ____ because I don't think it is fair. I suggest ____ instead.

To move forward and resolve this conflict, we are going to ____.

(I/You) agree to ____.

We both think this solution is fair because ____.

Step 3



Step 1: Acknowledge the Conflict

Sub Skills:

- Define conflict resolution
- Ask yourself questions to process the conflict
- Decide how you feel
- Stay calm
- Identify what caused the conflict
- Decide to engage or walk away



Step 2: Explain Perspectives

Sub Skills:

- Define perspective
- Use an assertive voice
- Use I-Statements



Step 3: Make a Compromise

Sub Skills:

- Define negotiation
- Negotiate needs & wants
- Create a plan



Step 4: Reflect

Reflection Questions:

- How did I respond to this conflict?
- Am I proud of how I communicated my needs and feelings?
- What went well during the conflict resolution?
- What could have gone better?