

PBL LESSON

**RESOLVE CONFLICTS WITHOUT VIOLENCE
AND ABUSE**

LEARNING INTENT: STUDENTS WILL IDENTIFY WAYS TO SOLVE CONFLICTS WITHOUT VIOLENCE AND ABUSE

- **SUCCESS CRITERIA:**

- Recognise warning signs of a conflict
- Identify consequences of solving conflicts with violence and abuse
- Identify strategies to solve conflicts without violence and abuse

- **VOCABULARY:**

- Conflict

CONFLICT

- **What is conflict?**

- In basic terms conflict is a **serious disagreement or argument**. Conflict usually happens between people when they have different opinions on things.

- **What are some examples at school?**

- Disagreements with others over differing viewpoints- different understandings of a situation
- Arguing with a teacher when being asked to move in class
- Arguing with a directions that have been given
- Confronting others in an aggressive manner at lunchtime over disagreements that have happened over the weekend.

CONSEQUENCES OF VIOLENT AND ABUSIVE BEHAVIOUR

At school:

- Detentions for arguing with your teacher
- Form Is
- Suspensions for aggressive language or behaviour
- Falling out with friends

Outside of school

- Police could get involved as violence and abuse is not tolerated
- You could lose your job if you are abusive and violent at work

WHAT ARE SOME STRATEGIES YOU COULD USE INSTEAD OF VIOLENCE AND ABUSE?

- Take a deep breath. Calm yourself. Avoid overreacting.
- Speak quietly and calmly.
- Listen carefully and considerately to the other person without interrupting. Hear them out. Keeping quiet allows the other person to explain more fully and to think about what they are saying with less pressure.
- Don't crowd the other person. Stand at least two or three feet from them. Respect their personal space. "Squaring off" with the other person (standing close, directly face-to-face) is too challenging and can lead to escalation. Stand to one side or at an angle
- Be empathic. Imagine how you would feel in the other person's place--if you were in their shoes.
- Try not to be judgmental. Don't do or say anything to embarrass or humiliate the other person.
- Try to avoid an audience. Onlookers can make it more difficult for people to "back down"--in some cases they can actually incite the other person to intensify the argument. Suggest that you go somewhere else to discuss the problem
- If an argument becomes heated, put off your need to make your point or express your feelings until another time and place.

BENEFITS OF RESOLVING CONFLICTS WITHOUT VIOLENCE OR ABUSE

- Building Relationships
- Goal Achievement
- Enhancing Commitment
- Generating New Insight

REMEMBER:

Violence
is the
PROBLEM,
NOT the
solution