

Dealing with Conflict

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To know the different areas of life where conflict may occur

To understand the cause of conflict, and learn a range of conflict resolution methods

To acknowledge that feelings may vary between people in the same situation

NEW VOCABULARY

Conflict Resolution,
Argument, Assertive, Divorce,
Cool Off Period, Win-win,
Humility



STARTER ACTIVITY

What is conflict?

When have you experienced conflict in your life?

What happened? Did it get resolved?

How did you feel afterwards?



3 Minutes

GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say
things about yourself if
you don't want to

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
Language (Avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

Be Non-Judgemental
No put-downs. Challenge
the opinion, not the
person



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

There are **no stupid questions**
It's OK to get things wrong

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support



Dealing with Conflict

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I know a range of conflict management strategies										
I understand the different causes of conflict										
I would be confident in diffusing future conflicts I may have in my relationships										



Complete a baseline assessment of where you think you are at for this lesson
(Discuss or complete sheet)



2 Minutes


I'm not confident at all on this topic

A little confident

Confident

Very confident

I am super confident on this topic

HOW?					
WHAT?					
WHERE?					
WHO?					
WHY?					
<div>PAIR & SHARE</div> <div>THOUGHTS & FEELINGS</div>	SECOND				
	DID?	MIGHT?	COULD?	CAN? / WILL?	IS? DOES?
 Tasks	Using the grid above to help you, come up with three questions about the image				<div>2 Minutes</div> 

LITERACY - NEW VOCABULARY

NEW KEY TERM

CONFLICT

A physical or verbal disagreement between two or more people/countries. This can be caused by a single act, or actions built up over time.

Synonym:

Fight

In a sentence:

The unresolved conflict between John and his wife is causing a strain in their relationship

Questions:

What causes conflicts to occur?
How can we prevent conflicts from happening?



NEW KEY TERM

DIVORCE

A legal separation of a married couple by a court or other competent body.

Synonym:

Split

In a sentence:

Recently my parents got a divorce, and now my dad has moved out and I stay at his house every weekend.

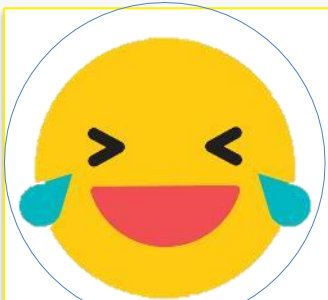
Questions :

What factors can cause a divorce?
Can divorce sometimes be a good thing?
What makes a happy marriage?



ACTIVITY

My Feelings



1



2



3



4



5



6



7



8



9

Task

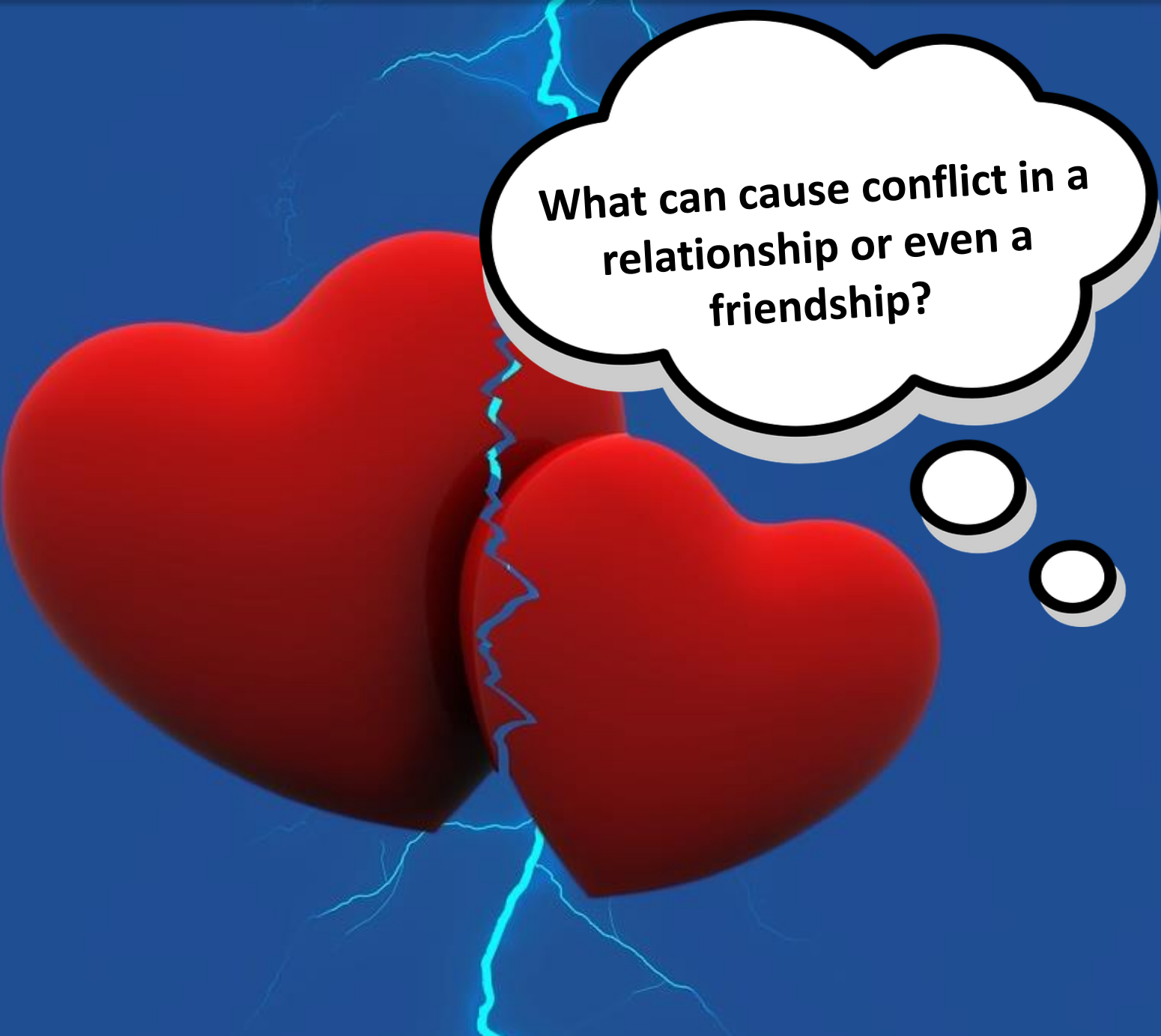
Come up with something that makes you feel like each one of these stages.

E.G. 3 = Passing a test

9= A bird pooing on your head

Did you know?

Other people may react differently to you in the same situation. E.G. they may get more or less angry than you would if a bird pooped on their head. All emotions are valid, and you should show compassion for how they are feeling even if it is not how you would react in the same situation.



What can cause conflict in a relationship or even a friendship?



Conflict Resolution



CONFLICT RESOLUTION

Task: Pick one or two coloured hats and answer all the related questions



5 Minutes



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY



What thinking is needed? Next steps? Where are we now?

THINKING



What is wrong? Is it safe? Can it be done?

JUDGEMENT

Where do you stand?

ANGRY

SAD

UPSET

ANNOYED

FRUSTRATED

JEALOUS

HAPPY

You find out your parents are going to ground you unfairly.

Your brother is getting more pocket money than you.

You have a disagreement with a classmate over something you believe they have said about you.

Your family moves to a new house and you get the small bedroom.

Your curfew is earlier than you want.

You have a disagreement with a teacher over being accused of doing something you really didn't do!

Task

Pick a statement, and explain the cause of the conflict.

Explain how you would feel/ what you would do.

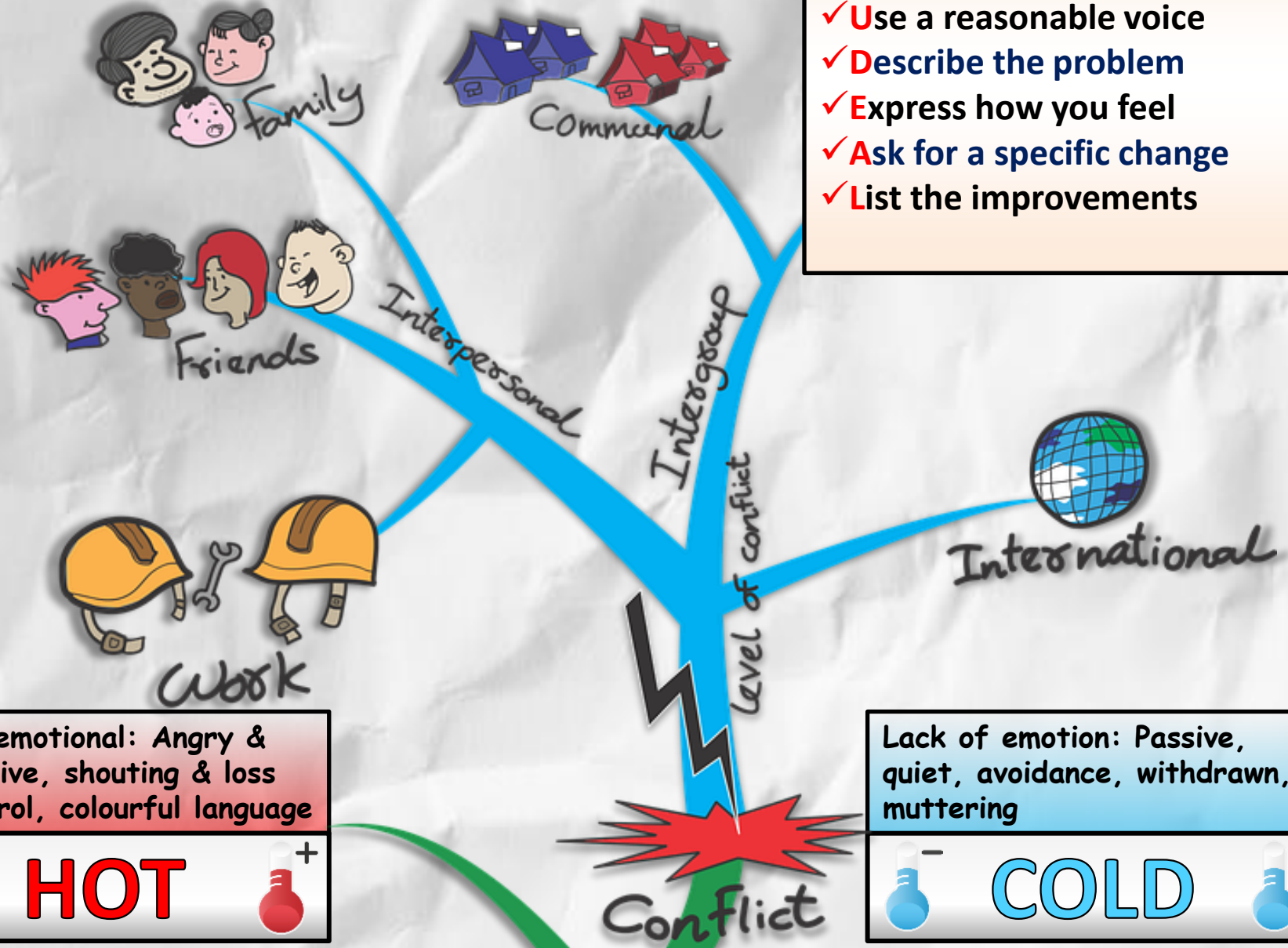
Explain how you could solve the conflict.



EXTENSION

Describe the possible positive and negative outcomes/solutions.
Repeat for another statement

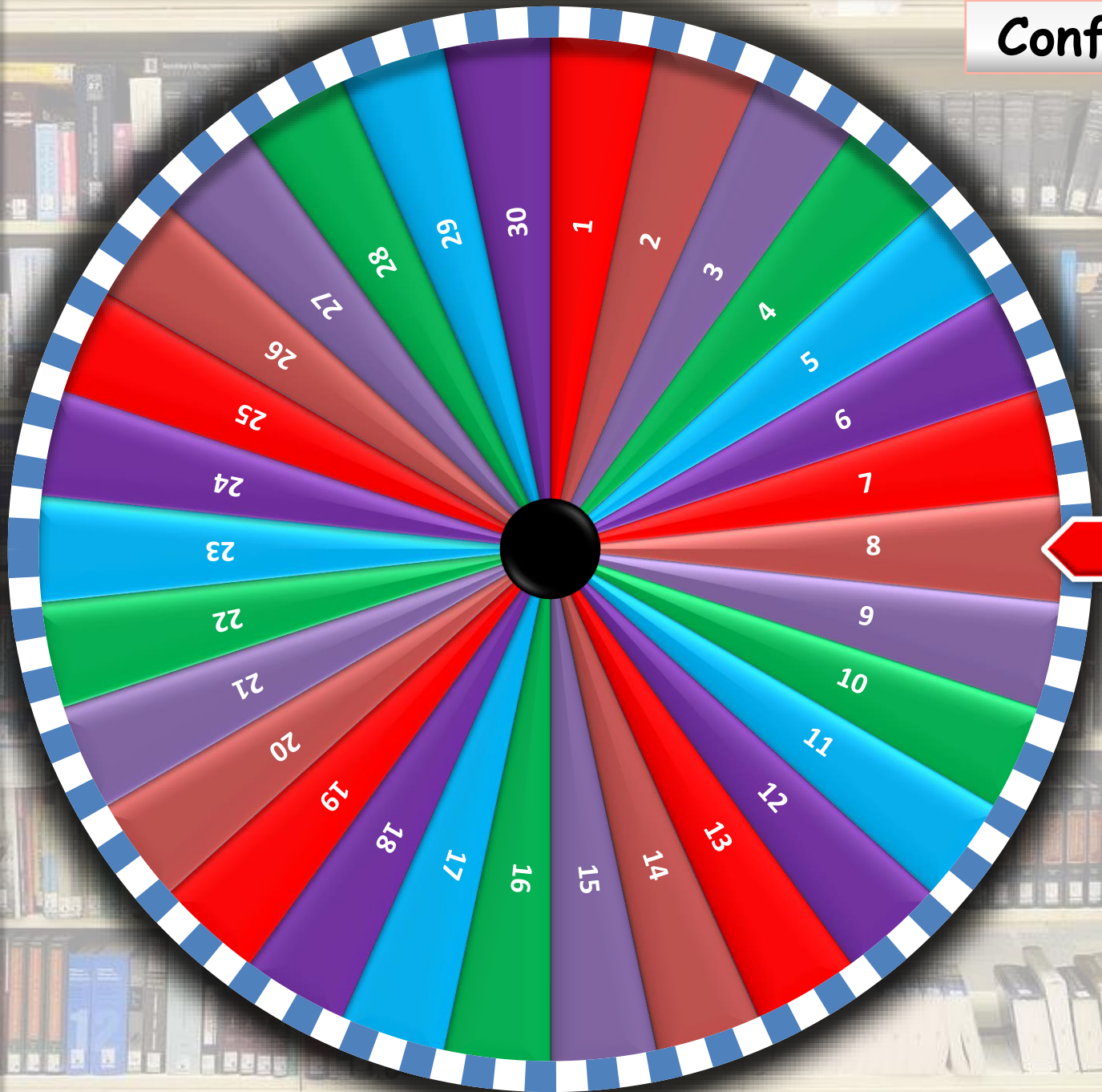
Approaches to Conflict



UDEAL strategy to being assertive

- ✓ **U**se a reasonable voice
- ✓ **D**escribe the problem
- ✓ **E**xpress how you feel
- ✓ **A**sk for a specific change
- ✓ **L**ist the improvements

Conflict Generator



TASK

1. Each person will be given a number
2. Click anywhere on the wheel to spin & click again to stop
3. The wheel will be spun 3 times
4. 1st person chooses who the conflict is with e.g. friends, family, work, teachers, etc
5. 2nd person decides what the conflict is about e.g. stealing, lying, washing up, homework, etc
6. 3rd person adds a little more detail to the reason for the conflict
7. Try to solve the conflict as a class

Conflict Resolution Ideas

Stop, walk, and talk.
(Share and take turns to talk)

Agree to a win-win
solution if possible.

Cool off, and take 10
before you say
something you might
regret. Take deep
breaths, and never say
something when you
are angry.

Try to be
accommodating and
compromising.

Find out what
has upset the
other person.
Listen to what
they have to say.

Get advice from people outside the
conflict who you trust and respect.
Possibly get them to mediate the conflict

Consider the conflict from
the other person's
perspective i.e. put yourself
in their shoes.

Confront the root
cause of the issue.



You are less likely to get conflict in any type of relationship if the core values of both people in the relationship are the same!!

Peg your three most important core values onto the washing line.

The graphic shows a blue washing line stretching across the frame with three brown clothespins. Three empty, light-orange rectangular cards are hanging from the clothespins. Below the cards is a grid of 20 core values, each in a light-green box with a purple border. The values are arranged in 4 rows and 5 columns.

Honesty	Integrity	Kindness	Creativity	Empathy
Ambition	Respect	Courage	Gratitude	Compassion
Generosity	Loyalty	Authenticity	Responsibility	Perseverance
Accountability	Open-mindedness	Humility	Trustworthiness	Self-discipline

Please note that this is not an exhaustive list, and different individuals may prioritize different values based on their life experiences, beliefs, and cultural backgrounds, so feel free to use your own ideas.

Conflict in Relationships

Task

How would you respond if your partner told you any of these?
Pick a scenario, and role play it with a partner

Your skirt is too long - go and change!

Why don't you eat more healthily and go to the gym more often?

You promised to see me tonight. Tell your friends you're busy.

You opened my snap but didn't reply. Who else are you talking to?

Why didn't you Insta me as soon as you woke up?

Tell your parents you're staying at a friend's house, but come to a party with me instead.

"Sometimes it lasts in love but sometimes it hurts instead"



Love can be a gamble, is it worth taking?

Forget your homework – spend time with me instead!

What Do You Think?



"It is always better to avoid conflict if you can"

Talking Points



I think that ...

I don't think... is right because...

My opinion is...

I would argue the same because...

I disagree with... because...

Building on what... said. I think...

An alternate way of looking at this is...

I sort of agree, however....

I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?





REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



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(Discussion or complete sheet)



3 Minutes

I'm not
confident at all
on this topic

A little
confident

Confident

Very
confident

I am super
confident on
this topic

HOMEWORK SUGGESTION



DUE DATE

It must be submitted by..

Hand / Google
Classroom



Homework Explained

Reflect on a conflict you have had in the past and write a letter in hindsight to your past-self giving advice on how to deal with the conflict in the best way possible which would suit everyone involved.





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ <https://www.gottman.com/> - provide a research-based approach to relationships
- ☐ <https://www.childline.org.uk/> - support on all sorts of topics
- ☐ <https://www.youngminds.org.uk/young-person/coping-with-life/friends/> - a guide to friends for young people
- ☐ <https://www.loveisrespect.org/> : This website is dedicated to providing information and support to young people who are experiencing dating abuse.

RELATIONSHIPS
& SEX EDUCATION



SEEKING SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

Before I only knew...
now I also know...

The key words for this lesson
were...

I'm really proud of the way I have...

Today I have tried to...

The most important thing I have
learnt today is...

I used to feel ... but I now feel ...

Before I would have done...
Now I will ...

Next lesson I would like to...

A question I would like to ask
is...

I would like to learn more
about...

I know if I need further support
or help I could speak to.... or
contact...

I now know I can supported
others by...

One thing I didn't realise was...
this will help me to...

2 Minutes





REFER TO MINDFULNESS POWERPOINT

