

# TEACHING TEENS CONFLICT RESOLUTION

To get along with others when conflict arises, encourage your teen to practice these steps:

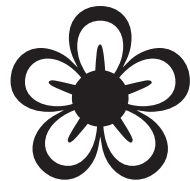
## Conflict is a part of life

*Every teen must learn how to cope and manage conflict to live well with others.*

*As a parent or guardian, you are one of the most important teachers of conflict resolution.*

*How do you settle disagreements? Make sure you model good strategies for handling differing views.*

*The skills your teen learns can make the difference between positive and negative outcomes.*



**Calm down.** Anger clouds judgment. Take time to think about a response instead of reacting. Not all conflict is negative as it can sometimes lead to creative solutions.

**Take responsibility.** Use "I" statements, not "you" statements. For example, "I felt left out when I wasn't invited to the party" instead of "You were wrong for excluding me." The former focuses on the effect of the behavior instead of attacking the person.



**Restate what the other person says.** This requires listening and can foster empathy by allowing your teen to think about another person's point of view.

**Compromise.** Negotiating to settle a dispute is an invaluable life skill. Ask your teen to brainstorm possible solutions with the other person and choose one that is mutually satisfying.



**End on a positive note.** After working out a conflict and before walking away, encourage your teen to do at least one of the following actions: apologize, shake hands, exchange hugs or thank the person for listening.

**THE BEST WAY TO SHOW YOUR  
TEEN HOW TO HANDLE CONFLICT  
IS TO LEAD BY EXAMPLE.**