



Ways to Resolve Conflict

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Objectives and Goals: Conflict Resolution

- ▶ This lesson will be implemented to address the needs of conflict resolution strategies and also appropriate ways to respond to conflict when it arises.
- ▶ By the end of the lesson students should know strategies, ideas, and new ways to respond appropriate to conflict at school, home, and in social settings.
- ▶ The goal is for students to learn how to respond appropriately when conflict arises.
 - ▶ This lesson will specifically target 8th grade students.



Pre- Assessment

- ▶ True/False: a conflict can be viewed as an opportunity and motivation for change (Answer-True)

Conflict 101

- ▶ Conflict: A argument or disagreement between one or more people.
 - ▶ Examples: Conflict can between an individual or a group when one person or multiple people have different ideas, suggestions, or beliefs on how something should be done.

Icebreaker: A Reflection of Conflict

- ▶ Think back to when you had a conflict or disagreement with someone.
 - ▶ Think about how you felt.
 - ▶ Now think about you responded.
 - ▶ Did you respond appropriately?
 - ▶ Does anyone want to share their experience of conflict with the class?

Experiences with Social Conflict

- ▶ According to the article, Breaking Up (With a Friend) Is Hard to Do: An Examination of Friendship Dissolution Among Early Adolescents, the current study examined the experience of friendship dissolution among early adolescents, including the number of friendship dissolutions, the reasons for the dissolution, and the ways in which friendships ended. Participants were 354 middle school. Results indicate that dissolutions are quite common, reported by 86% of the sample. Conflict/betrayal was the most common reason for friendship dissolution, and avoidance was the most common method used to end a friendship (Flannery, & Smith, R. L., 2021)
- ▶ Ask the students to write down an example of a conflict between themselves and a friend and how they responded to that conflict and looking back how they wished they had responded.

Activity: Conflict Resolution Roleplay

- ▶ Each group will have a Roleplay Example and scene to act out in front of the class.
 - ▶ Each small group will state the conflict
 - ▶ Why it is a conflict
 - ▶ Positive Resolutions to solve the Conflict

Post- Assessment

- ▶ Conflicts will happen from time to time. When is it necessary to get help to solve a disagreement?
 - ▶ A. When someone tries to hurt or bully you
 - ▶ B. When someone has body language indicating he's upset
 - ▶ C. When someone walks away from you
 - ▶ D. When someone is listening quietly to your opinion (Answer- A)

School Counseling: ASCA Standards

- ▶ Standard A: BLS 2- Students will be to find a creative approach to learning, tasks and problem solving.
- ▶ Standard B: B-SMS 2- Students will learn Self-discipline and self-control.
- ▶ Standard C: B-SS 9- Students will learn social maturity and behaviors appropriate to the situation and environment

Lesson Objectives

- ▶ Students will:
 - ▶ Learn what Conflict is.
 - ▶ Learn how to respond to conflict when conflict arises.
 - ▶ Identify ways they can change their current behavior and reactions when conflict arises.
- ▶ At the end of the lesson, students should be able to solve their conflicts and disagreements at school, home, and in social settings in new ways. They will learn new strategies, ideas, and coping mechanisms to approach and solve problems when they run into a conflict. The goal will be for students to talk and respond appropriately when conflict arises within peers, adults, and siblings.

Pre/Post Questions

- ▶ What do you think Conflict means? What is an example of Conflict?
- ▶ What is respect? How can we show respect to someone when we disagree with them?
- ▶ If you disagree with someone or get into an argument , what are some positive strategies we can use to solve the problem?

ASCA Code of Ethics: Academic Standards

- ▶ CCSS.ELA-LITERACY.W.8.9: Draw evidence from literary or informational texts to support analysis, reflection, and research.
 - ▶ Ask the students to describe the characters in a short story (e.g., their traits, motivations, or feelings) and explain how their actions contribute to the sequence of events.

School Counseling Lesson: Academic Objective

- ▶ At the conclusion of the short story, Lather and Nothing Else, written by: Hernando Tellez, students will have the opportunity to think about and discuss internal conflict within themselves, as discussed within the short story.
 - ▶ Pre-Assessment: What can anyone tell the class about internal conflict within themselves? Explain to class about internal conflict.
 - ▶ Post- Assessment: Ask about the barber within the text, wavering about the idea of being a murderer or a hero. Ask the students what they would do and why?

Classroom lesson plan for 8th Grade

- ▶ Introduce Lesson: Define Conflict for Students. Ask students to think about how a conflict negatively affected them at one point in their life. Ask students how they have responded to conflict negatively in the past.
- ▶ Lesson Objectives: Properly understand conflict. Give students ideas, suggestions, & strategies on conflict resolution
- ▶ Teach Content: Ask students to think about a conflict they were involved in and write it down on a piece of a notebook paper. Ask them to write about how they responded.
- ▶ Practice Content:
 - ▶ Divide students into small groups.
 - ▶ Pass out a Worksheet, “Ways to Resolve Conflict”.
 - ▶ Have students come up with Conflict Examples, ask them to talk among group members on ways they can solve the conflict. Ask students to role play a conflict situation on the worksheet.
 - ▶ Practice roleplay within small group. Have all groups come up and present their roleplay conflict and how they resolved the conflict in front of the class.
 - ▶ Ask students to tell ideas, suggestions, and strategies on what they learned on conflict resolution today. Ask them ways they will apply conflict resolution strategies in the future.
- ▶ Summarize and Close: Ask students to tell ideas, suggestions, and strategies on what they learned on conflict resolution today. Ask them ways they will apply conflict resolution strategies in the future.

Outcome Data

- ▶ The ideal outcome of this course would be fewer conflicts, and more conflict resolution among peers and less need for disciplinary actions and more acceptance within the student body.

Follow- Up Plan

- ▶ For students that do not use strategies discussed in the Conflict Resolution lesson should be referred to the School Counseling Office for individual and/or group counseling sessions to better help the student learn to deal with conflict resolution strategies.

Reference

- ▶ American School Counselor Association. (2021). The ASCA Mindsets & Behaviors for Student Success: K-12 College-and Career Readiness for Every Student describe. <https://www.schoolcounselor.org/getmedia/7428a787-a452-4abb-afec-d78ec77870cd/Mindsets-Behaviors.pdf>
- ▶ Flannery, & Smith, R. L. (2021). Breaking Up (With a Friend) Is Hard to Do: An Examination of Friendship Dissolution Among Early Adolescents. *The Journal of Early Adolescence.*, 41(9), 1368–1393. <https://doi.org/10.1177/02724316211002266>
- ▶ *English language arts standards " writing " grade 8*. English Language Arts Standards " Writing " Grade 8 | Common Core State Standards Initiative. (n.d.). <https://www.thecorestandards.org/ELA-Literacy/W/8/#CCSS.ELA-Literacy.W.8.3>