



APRIL Conflict Management



TALK TOPICS:

1. Getting Angry

- What is anger (emotion) and why do we get angry.
- The consequences of anger.
- Coping Mechanisms (punching bag, 5 values filter, etc.)
- Appropriate action.

2. Winning isn't always that important

- Sometimes it is better to be kind than right.
- Scarring relationships.
- Saying sorry & making up.

3. How to fight fair

- Peacemaker - approach, engage, persuade.
- Being fair vs. being just.
- Taking control and setting boundaries.
- Decide if it is worth it.

4. How to express your opinion in a positive way

- Stay calm.
- Work from facts, not emotion.
- Be aware of body language.

5. Anger Management vs. Assertiveness

- Aggression vs. Passiveness vs. Assertiveness.
- Don't be a bully.
- Assertive vs. Disrespect.

WEBSITE: TCC will include links of interest that support our curriculum on our website, please log in and visit the MENTors page where you will find regular updates and relevant information. You are welcome to send marketing.ch@racter any suggestions that can be included.





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IDEAS & TIPS:

The best way to teach children anything is to make it fun and involve as many of their five senses as possible.

GAMES & ACTIVITIES

Agree to Disagree

Conflict is inevitable, whilst it's easy enough for adults to solve, children need help to solve theirs.

Avoid

Instructing the boys to make peace, don't tell them what to do in order to resolve their conflict.

Do

Encourage the boys to talk the conflict through and find the resolution themselves.

ACQUIRING NEW SKILLS

Conflict resolution is a learned skill, it takes practice. Adults should help children develop this skill.

How do YOU handle conflict ?



Mouse

Ignore
Hide feelings
Whine
Fake Cry
Give in
Tattle
Roll Eyes
Gossip/Tell Secrets
Avoid



Monster

Yell
Hit
Threaten
Fight
Deny Loudly
Stomp Around
Slam Doors
Loud Put Downs
Break Things



Me

Apologize
Report
Compromise
Talk it Out
Find a WinWin
Listen
Use Manners
I Message
Be Assertive





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ACQUIRING NEW SKILLS

Remind your boys that sometimes we can agree to disagree. And we don't always have to win an argument.

Learning About Communication

.... Are you like a Turtle, a Tiger or an Owl?

Judith Belmont, MS, www.belmontwellness.com

Non-Assertive	Aggressive	Assertive
Non-Assertive Behavior is: Being like a Turtle 	Aggressive Behavior is: Being like a Tiger 	Assertive Behavior is: Being like an Owl 
HIDES, AVOIDS, FEARFUL OF THE REJECTION OR THE ANGER OF OTHERS	RUDE, BOSSY AND CONTROLLING OF OTHERS	WISE, CALM AND COLLECTED, MORE OBSERVANT THAN REACTIVE
GOAL: TO PLAY IT SAFE AND BE "LIKED"	GOAL: TO BE RIGHT AND PROVE IT!	GOAL: TO EXPRESS YOURSELF HONESTLY AND KINDLY
FEARFUL OF BEING YELLED AT OR OF OTHERS USING PHYSICAL FORCE	USES VERBAL AND EVEN PHYSICAL FORCE	REFRAINS FROM VERBAL OR PHYSICAL FORCE
KEEPS THINGS IN TO AVOID MAKING MISTAKES OR GETTING "INTO TROUBLE"	USES "YOU" STATEMENTS	USES "I" STATEMENTS
VERY SENSITIVE TO DISAPPROVAL AND REJECTION	INSENSITIVE TO OTHERS	SENSITIVE AND CARING TO BOTH SELF AND OTHERS
DISRESPECTFUL TO ONESELF	DISRESPECTFUL TO OTHERS	RESPECTFUL TO SELF AND OTHERS
ALLOWS PERSONAL RIGHTS TO BE VIOLATED	VIOLATES RIGHTS OF OTHERS	BALANCES PERSONAL RIGHTS WITH RESPONSIBILITIES TO OTHERS
ACCEPTS OTHERS MORE THAN THEMSELVES	IS JUDGMENTAL OF OTHERS	ACCEPTING OF SELF AND OTHERS
KEEPS FEELINGS IN	FREE TO EXPRESS ANGRY FEELINGS	EXPRESSES FEELINGS TACTFULLY
IS FEARFUL OF BEING "WRONG" OR SEEMING "STUPID"	NEEDS TO BE "RIGHT"	IS MORE CONCERNED WITH BEING KIND THAN RIGHT
IMMATURE, DISHONEST AND INDIRECT	SHOWS IMMATURETY BY BLUNT HONESTY WITHOUT REGARD FOR OTHERS	MATURE, TACTFULLY DIRECT, OPEN AND HONEST
OFTEN FEELS ANXIOUS, SAD, ISOLATED AND MISUNDERSTOOD	FEELS SUPERIOR, EASILY GETS ANGRY, HIDING THE INSECURITY INSIDE	FEELS SECURE, CONFIDENT AND LOVING

LEARNING IN ACTION

Get your boys to role play the typical conflicts they experience, have them show how they have resolved them - correct their choices (if needed) by giving them alternate responses.

Ask the boys to create a poster to teach other boys about how they can avoid and resolve conflicts.

Tell a story that starts off with a misunderstanding and escalates through to a confrontation, talk to the boys about where they could have resolved the issues.

