

# Handling Conflict



## Aim:

that participants examine different approaches to handling conflict situations.

## Age:

12 years and older

## Time:

30 minutes

## Materials:

Pens, paper

Source: Fitzduff (1988). Community Conflict Skills.

## What to do:

In small groups, participants make a list of conflict situations that arise locally, nationally or internationally. Allow 5 minutes for this. Get feedback from the groups and write it up.

Ask the groups to list the ways people respond to conflict situations. The 'responding to conflict' list contains some ideas you could add.

In the groups, for each conflict situation ask them to list what they think the actual response would be and then what response would have the most impact (may be the same). Encourage the groups to begin with conflict situations with which they are familiar, before moving on to deal with other conflict situations. Allow 15 minutes for this. Get feedback from the groups.

In the large group, discuss:

Are there similarities in the ways that conflicts are dealt with? Would responses that are used at a local level work at a national or international level?

## Responding to Conflict

- Shouting insults
- Giving in
- Trying to compromise
- Changing the subject
- Continuing to nag
- Silence
- Physical retaliation
- Logical discussion
- Crying
- Sharing ideas on solutions
- Making a joke
- Listening carefully to the other person
- Expressing your feelings
- Having a 'cooling off' period

## Warm Up

### Shape Shifters

Participants stand in a circle. Everyone takes hold of the wool/string/ rope, tied in a loop, and pulls tight to form a circle. Ask everyone to close their eyes. Without looking, explain they have to form a square. When they think they have it, tell them to open their eyes. Repeat for a triangle and a star.

