



Learning to disagree



Aims and outcomes of the conflict unit

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- Recognising conflict situations
- Developing resolution strategies
- Developing common rules for disagreements
- Practicing rituals for conflict resolution

What conflict resolution competence means

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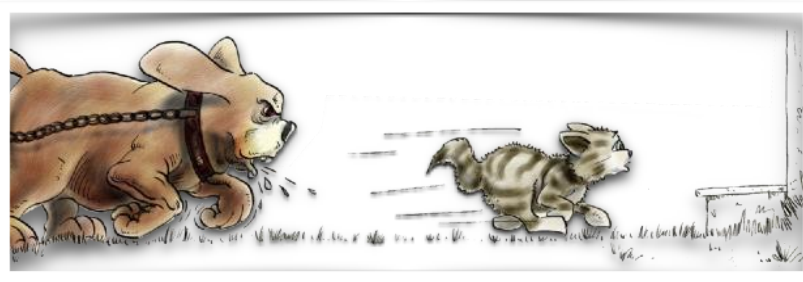
Conflict resolution skills are important to be able to advocate for oneself and one's own needs - without ignoring the needs of others. This makes it possible to utilise the opportunities that are posed in a conflict or argument.

Dear parents,

In the ReSi+ children's programme, we will focus on the skills needed to deal well with disagreements and to resolve conflicts constructively. Conflicts arise between parents and children, siblings, and between friends. Children argue often amongst themselves, e.g., to whom a toy belongs. Sometimes children argue consciously to determine what your or other people's boundaries are.

In the ReSi+ programme children learn to recognise and name their own feelings and needs. Listening skills and understanding feelings and needs of others is also practiced in the programme. In roleplay interests are disputed and negotiated and a common effort is made to develop creative ways to find resolution. To this end, the group develops simple "rules for disagreements" together in an exercise.

Especially contact with trusted people offers good opportunities to practice expressing one's own needs and to negotiate strategies for resolution. Additionally children can observe how people in their lives deal with their own conflicts. The family, therefore, is an important place of learning and practicing for the development of effective conflict resolution skills.



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More information

www.resiplus.de

Funding

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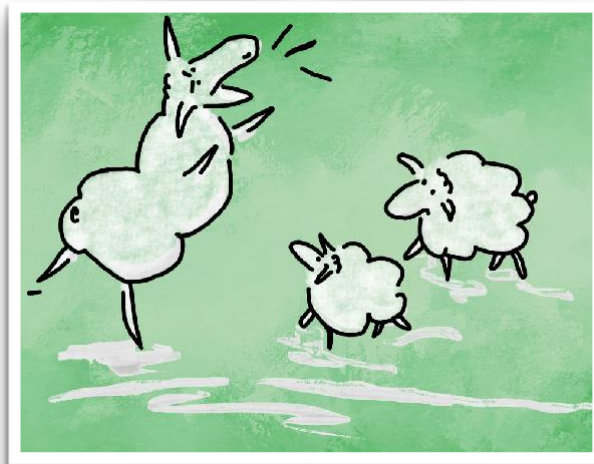
The ReSi+ project was funded by the Federal Office of Justice.



Example exercise from the ReSi+ children's programme

What's going on with the sheep? In this exercise, the children discuss pictures in which sheep are depicted in different conflict situations (see picture). Together with the specialists, the children think about how the sheep are feeling, based on their facial expressions, gestures, and postures.

The children also discuss what would be helpful to resolve the situation well. In these conversations the children learn how to perceive, determine, and understand moods. Additionally, the children can use the pictures to consider their own feelings in conflict situations.



Tips for parents

You can support your child in continuing to develop these conflict management skills at home.

Take note of...

...how your child behaves in conflict situations. Do they retreat or do they react aggressively? Can they assert themselves to meet their own needs?

Speak with your child about what you have observed and ask them what they need to better deal with the situation.

Something to try

Together with your child, think about how you want to deal with each other in conflict situations. What is important to you? What is important to your child? What boundaries need to be observed? What doesn't work at all? What helps?

Maybe you can write down your rules together or represent them with pictures. Find a place to keep the rules where everyone in the family can easily get to them.