

CONFLICT RESOLUTION WORKSHEET

RUDE

- Accidental
- Only happens once/rarely

CONFLICT

- Disagreement/argument
- It's normal to disagree sometimes
- Disagreements should be respectful

MEAN

- On purpose
- Only happens once/rarely

BULLYING

- On purpose
- Happens more than once/keeps happening

Bullying is not okay.

If you are being bullied, please tell at least 2 adults (parent, teacher, Kids Helpline counsellor) you trust that it is happening. **Keep telling them until it's fixed.**

What's happening: _____

Is it rude, conflict, mean or bullying?

CONFLICT RESOLUTION

<p>1 Share how you feel.</p> <p>“ I FEEL... ”</p>	<p>2 Be specific about what the other person has said/done that makes you feel this way.</p> <p>“ WHEN... ”</p> <p>HAPPENS. ”</p>	<p>3 Organise to talk about it together.</p> <p>“ CAN WE TALK ABOUT IT? ”</p>	<p>5 Aim for a win-win solution.</p> <p>This is a solution that is fair and that you can both be happy with. For help finding a win-win solution, please turn over the page.</p>
<p>4 Everyone should try to listen and understand each other.</p> <p>It's important to take turns sharing thoughts and feelings.</p>			

If I'm still having problems, I can/will talk to these people...

Finding a win-win solution



I win! You win!



I lose! You win!



I win! You lose!



I lose! You lose!

