

# CONFLICT RESOLUTION WORKSHEET



kidshelpline  
Anytime Any Reason

## MEAN

- On purpose
- Only happens once/rarely
- Emotional
- Can be resolved

## CONFLICT

- Disagreement/argument
- No power imbalance

## BULLYING

- Aggressive
- Repeated
- Power imbalance

## 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, mean, bullying or conflict?

\_\_\_\_\_

\_\_\_\_\_

## CONFLICT RESOLUTION

**1** Share how you feel.

“ I FEEL... ”

**2** Be specific about what the other person has said/done that makes you feel this way.

“ WHEN... ”

HAPPENS. ”

**3** Organise to talk about it together.

“ CAN WE TALK ABOUT IT? ”

**4** Everyone should try to listen and understand each other.

It's important to take turns sharing thoughts and feelings.

**5** Aim for a win/win solution.

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.

If I'm still having problems, I can/will talk to this person...

# Finding a win/win solution



**I win! You win!**



**I lose! You win!**



**I win! You lose!**



**I lose! You lose!**

