

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

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 these people...