

# Session

## 6



## Middle School/High School

### Abbreviated Group Leader Outline

- 1. Attendance Sheet** - Review of week and conflict resolution skills review.
- 2. Introduction to new material for this week**
  - ▶ Explain to the group members that people have different ways of handling conflicts. Today we will discuss three different types, Aggressive also known as I win/You lose, Passive also known as You win/ I lose and Assertive which is I win/ You win.
  - ▶ Explain how each style has its place and time to help handle conflict peacefully.
- 3. Activity: Personal Conflict Style Test – “I” statements and Discussion**
- 4. Activity: Conflict Resolution Role Plays**
- 5. Closure**

CONFLICT RESOLUTION STYLES

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### GROUP PURPOSE

This session will teach the group members three types of conflict resolution styles. They will learn which styles they currently use in a variety of situations and alternative methods of handling conflict situations.

### Objectives:

- Group members will learn their conflict resolution style.
- Group members will learn the Passive (lose/win), aggressive (win/lose) and Assertive conflict resolution styles (win/win).
- Group members will practice the three conflict resolution styles in role play activities.
- Group members will learn how to use "I" statements.

### Materials Needed:

1. Group member folders
2. Handouts
  - Conflict Resolution Styles
  - Conflict Resolution Styles Answer Sheet
  - Conflict resolution skills review
  - Personal Conflict Style Test
  - "I" statements
  - PATTS Newsletter, Vol. 2
3. Group member Scenarios and Conflict Styles
4. Two containers to put student scenarios and conflict styles
5. Crayons, colored pencils, regular pencils and markers
6. Stickers or stamp for attendance
7. Small bite sized candy or pretzels for alternative activity
8. Napkins

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### 1. Attendance Sheet

*(Leader information: While group members are reviewing their week, this is an important time to remind them of the conflict resolution skills that have been taught in previous weeks. When the students are reviewing their goals and conflictual situations have them refer to this week's **Conflict Resoluion Skills Review** worksheet so they can discuss which new skill they used to resolve the conflict*

- ▶ Pass out stickers or stamp for them to put on the attendance sheet.
- ▶ Ask them to tell about a situation they handled peacefully and the progress they are making on their personal goals for the group.
- ▶ Specifically ask them to consider various conflict situations they dealt with over the week and whether they were able to use soothing thinking instead of stinking thinking.
- ▶ Ask them what they said to themselves in their situations and how they reacted.

### 2. Introduction to new material for this week

#### This week's objectives:

- ▶ Explain to the group members that people have different ways of handling conflicts. Today we will discuss three different types, Aggressive also known as I win/you lose, Passive also known as You win/ I lose and Assertive which is I win/ You win.
- ▶ Explain that all styles may be appropriate at times and at other times they do not work well to peacefully handle a conflict.

### 3. Activity: Personal Conflict Style Test

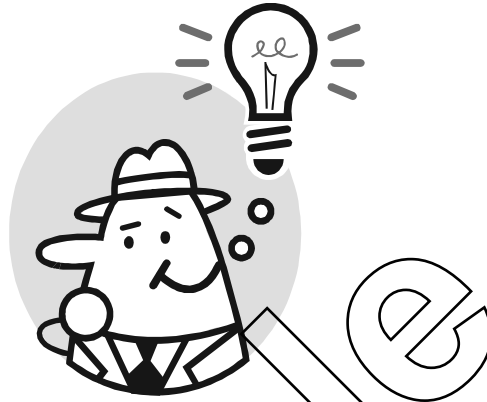
*(Leaders information: It is helpful, to enhance participation in the group, to have the students personalize their conflict resolution skills. This test is an opportunity to help them determine how they handle conflicts at this time.*

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# Conflict Resolution Skills Review



- I have avoided using all forms of violence in this situation.
- I have found someone to talk to that will encourage a nonviolent solution.
- I have found a way to calm down and control my anger.
- I focused on controlling myself, not others.
- I used calm and non-aggressive body language.
- I have used calming self talk.

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