

Stop, Think and Chill – Let's work it out

An aid to understanding conflict and behaviours

(Sample 3 hr session for young people)

Aim

This session will provide young people with an understanding of (relationship) conflict that will allow them to reflect on behaviours and explore conflict prevention and resolution.

Learning Outcomes

Participants will:

- Identify triggers to conflict within the family
- Demonstrate an understanding of some of the dynamics of conflict
- Demonstrate an understanding of conflict resolution

Agenda

Introductions

Welcome & introductions
Expectations and icebreakers

Conflict

What is conflict?
Perspectives tell a different story
Silly wee things

Angrrr

Understanding anger
Anger and me

Responding to conflict

Behaviours
How can I prevent, manage or resolve conflict?

Feedback

Q&A
Feedback