



How to make peace

Conflict is a fact of life. Almost everyday there are situations where we clash or disagree with other people. Usually, these are people that we still have to spend time with, like our parents and our classmates!

Because of this, life is much easier when we know how to make peace. So next time you argue with someone, why not try this conflict resolution strategy;

***This is not advice that should be used in bullying situations.**

1. Cool down first - if you're feeling agitated, you won't be able to think clearly. Take a short walk and relax before you begin
2. Find a neutral place to have a conversation. The goal is for both of you to express your feelings and come up with a solution together, so you avoid having the same dispute again.
3. Use "I" statements to express your feelings, like, "I feel sad when you and Ana ignore me at lunch. I wish you wouldn't do that". This much is better than starting sentences with "you", which can be quite aggressive.
4. Allow each other an equal amount of time to speak and don't be defensive about what you hear - listening to the other person's side of the story can help you get the facts and understand where they're coming from.
5. Make sure you listen! Repeat back what you hear the other person saying, without rushing to have your say.
6. Apologise if you have done something wrong or hurt someone. Don't be afraid to take responsibility for your mistakes.
7. Brainstorm ideas about what you can both do to prevent this from happening again. Find a few you can agree on and follow through with them. If you struggle at any point in the process it might be helpful to have a neutral third party to "referee" the conversation.

**#STAND
TOGETHER**