

Preventing Fights

Chapter 7

Section 4

Survey- Rate yourself on scale 1-5

1= never, 2= rarely, 3=sometimes, 4= often, 5= always

1. When I am upset with someone, I talk to the person in private where we cannot be overheard
2. When I am angry, I avoid using insults or name calling
3. I apologize when I do or say something hurtful
4. When I know a fight is brewing, I don't go to watch
5. I avoid spreading rumors

Add your score up

Add your total score

- The higher your score the better your skills as a peacemaker are.
- What areas did you score low on?
- What areas did you score high on?
- Where you happy with your score?
- How could you improve your score?

Choosing not to fight

- Ignore the conflict
- Confront the person

Ignoring a conflict

- If you will never see the person again
- The person or issue isn't very important to you
- The conflict is based on rumors that can be overlooked
- The conflict is about something silly or trivial
- A person tries to get you in trouble by provoking a fight

Ignoring a conflict cont'd

- Be flexible
 - Every conflict is different and will need to be handled different
- Learn to control your anger
 - Overreact
 - Ask for help with anger management
- Ignoring is not easy but can be done

Confronting a person wisely

- Choose the right time and place
- Stay calm
- Negotiate a solution
 - Do the unexpected
 - Provide a way out
 - Be willing to apologize

Helping others to avoid fights

- Mediation
 - A neutral 3rd party to help resolve conflict
- Bystander
 - Ignore people who make negative comments about others
 - Refuse to spread rumors
 - Do not relay any threat or insult from one person to another
 - Stay away from any area where you expect a fight could take place
- Involve an adult
 - Violence
 - Conflict is serious
 - Difficulty solving the conflict

Practice the skill

- Page 178-179 in text book