

HOW DO WE HANDLE CONFLICTS WITH OUR FRIENDS?

HERE ARE SOME TIPS!

- 1) *Cool off first (take a walk, talk to a parent/trusted adult)*
- 2) *Speak directly to the person that you are in conflict with- do not talk through others or let friends outside the conflict become part of the conversation*
- 3) *Speak assertively, honestly, and kindly (Use "I feel..." statements, not "you are..." statements)*
- 4) *Listen carefully to your friends and try to repeat back to them what they have said, in order to understand their words*
- 5) *Propose solutions and agree on a goal to move forward*