The conflict resolution unit focuses on developing healthy ways for students to solve arguments, disagreements, or conflicts. During our Conflict Resolution unit students will work to:

* Define the meaning of the terms conflict and resolution
* Understand that conflicts are common and experienced by everyone
* Recognize the importance of handling conflicts effectively
* Learn strategies for cooling off/calming down
* Learn active listening skills
* Learn how to empathize with others
* Understand the importance of taking responsibility for their actions
* Understand the value in using “I messages” to solve interpersonal conflict
* Develop “Win-Win” solutions to conflicts