



Asset #36: Peaceful Conflict Resolution

Youth are more likely to grow up healthy when they seek to resolve conflict nonviolently.

Quick Tip: Don't avoid conflict, but resolve it peacefully.



7 Steps to Making Peace:

1. Identify the conflict. Have each person talk about what happened. Each person's account is equally important.
2. Talk about the events that lead to the conflict. What happened first, second...? What increased the conflict?
3. Name how you feel. Ask others involved how they feel. Encourage honesty without blaming others.
4. Listen carefully to each person's feelings and accounts of the conflict. Try to understand each person's point of view.
5. Brainstorm solutions. Be creative. Affirm each person's ideas.
6. Evaluate each solution. Choose one solution that everyone agrees on.
7. Monitor how the solution works. If something needs to change, start over.

