**Resolving Conflicts and Preventing Violence**

**Conflict-** refers to any disagreement, struggle, or fight

**Interpersonal conflicts-**  Conflicts between people or groups of people- tend to occur when partys needs, wishes, or beliefs clash with those of another party

**Causes of Conflict Include:**

-Power struggles-

-Personal Loyalties-

-Jealousy and Envy-

Property disputes-

Conflicting attitudes and values-

Lack of Respect-

**Escalate-** means to become more serious, which can lead to fights when emotions get out of control

**Results of Conflicts-**  can improve communication in a positive way. Conflicts can be negative in that they bring about negative effects like stress, headache, and loss of sleep.

**Preventing Conflict-** avoid the person who is always trying to provoke you. You can also adjust your own behavior.

**Resolving Conflicts**

**Negotiation-** the use of communication and, in many cases, compromise to settle a disagreement. There is a process

1. Take time to calm down and think over the situation
2. Let each party take turns explaining its side using “I” messages
3. If Necessary ask for clarification, MAKE SURE EACH PARTY UNDERSTANDS THE OTHERS POSITION
4. Brainstorm solutions to the conflict
5. Discuss the advantages and disadvantages of each solution
6. Agree on a solution that is acceptable to both sides
7. Follow up on whether the solution has worked for each party.

**Preparing for Negotiation**

**Mediation-** bringing in neutral third party to help others resolve their conflicts peacefully.

**Confidentiality-** means respecting the privacy of both parties and keeping details secret.

**Peer Mediation-** a process in which specially trained students help other students resolve conflicts peacefully. This usually includes:

**Making Introductions-**

**Establishing Ground rules-**

**Hearing each side-**

**Exploring solutions-**

**Wrapping it up-**

**Understanding Violence**

**Violence-** the threatened or acual use of physical force or power to harm another person or to damage property. Causes Include:

-uncontrolled anger or frustration

-A need to control others

-Hatred or prejudice against a particular group

-Retaliation or revenge for some past harm, weather real or perceived.

\*\* Children are at a greater risk if their families are poor, have low levels of education, or are involved in illegal activities\*\*

**Alcohol and Drug Use**

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**Insecure teens (not confident or sure)** try to use violence to prove themselves

**Availability of weapons-** access to weapons can increase violence

To protect yourself from the dangers associated with weapons follow these strategies:

* Do not carry a weapon. People who carry guns are twice as likely to become victims.
* If you know another teen is carrying a weapon tell a trusted adult
* If your parents keep a gun at home, encourage them to equip it with a safety lock and keep it unloaded.

**Violence in the Media-** everyday children and teens are exposed to violent words and images on television, in movies, song lyrics, and video games.

**Gang Violence-** youth gangs are groups of teens or young adults who are involved in violent or illegal activity.

**Types of Violence**

**Assault-** is an unlawful physical attack or threat of attack.

**Random Violence-** violence committed for no particular reason

**Homicide-** the willful killing of one human being by another

**Sexual Violence-** any form of unwelcome sexual contact directed at an individual This can include

**-**Sexual assault: any intentional sexual attack against another person

**-**Rape: any form of sexual intercourse that takes place against a person’s will

**Avoid sexual violence-**Be aware of your surroundings wherever you go. Refuse to go anywhere alone with someone you don’t trust.

**Responding to a Sexual Attack-** If your ever attacked your goal will be to survive. SCREAM and try to resist. Report the attack right away, seek medical help, get tested.

**Hate Crimes**- a crime motivated chiefly by hatred of or predjudice against a particular group. People may be targeted because of their race, religion, culture, sexual orientation, or other difference.

**Harrassment-**

**Vandalism-**

**Arson-**

**Assault and Homicide-**

**Preventing and overcoming abuse**

**Physical Abuse-** a pattern of intentionally causing bodily harm or injury to another person. Examples include hitting, kicking, showing, biting, hair pulling, and throwing objects

**Emotional Abuse-** a pattern of attacking another person’s emotional development and sense of worth.

**Verbal Abuse-** the use of words to mistreat or injure another person,

**Sexual Abuse-** a pattern of sexual contact that is forced upon a person against the persons will

**Stalking-** repeatedly following, harassing, or threatening, and individual.

**\*\* Sometimes teens who are in abusive relationships don’t realize there is a problem\*\***

**Protect Yourself from abuse-**

**Date Rape-** occurs when one person in a dating relationship forces the other person to take part in sexual intercourse. You can Avoid this by:

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**Help for Survivors**

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