



Grade 10 Sample Lesson Plan: Violence Prevention & Healthy Relationships – Keep Cool In Conflict

SOLs

- 10.1 J
- 10.2 R

Objectives/Goals

- Students will identify conflicts and brainstorm non-violent solutions.
- Students will demonstrate positive conflict resolution skills.

Materials

- 1 – PowerPoint: Keep Cool In Conflict
- 2 – Poster paper, tape, markers or whiteboard
- 3 – Handout – Identify the Conflict
- 4 – Handout – Styles of Resolving Conflict
- 5 – Handout – How I Resolve Conflicts

Procedure

Step 1

- A – Show the slides from the Keep Cool In Conflict PowerPoint to display the quotation
- B – Arrange class in small groups and have them discuss/write their interpretations of the quote on poster paper or portable dry erase boards.
- C – The groups should read their interpretations aloud to the class. Discuss the original quote as a class.
- D – Some possible questions to ask...
 - *Why is violence considered a public health problem?*
 - *Can violence be prevented?*

Step 2

- A – Distribute copies of the handout *Identify the Conflict*. This activity will help students learn to identify conflicts.
- B – Ask students to read each scenario and determine who and what the conflict involves.

Step 3

- A – Tell the class the following...

B – Violence is a serious problem in our society for people of all ages. Statistics on child abuse, spouse abuse, rape, suicide, homicide, assault, weapons carried to schools, drug and gang wars, and prison overcrowding indicate the problem is even getting worse.

Some of these violent acts can be prevented through education. All of us have learned ways (for better or for worse), to deal with conflict. Many of us seem to have learned only violent ways, but anything learned can be unlearned and replaced with more appropriate skills. Research indicates that many violent youth are not even aware that non-violent alternatives for resolving conflicts exist. They have never seen these methods in action and it has never occurred to them they could handle it in a more appropriate and healthy way.

C – Why are we learning this? Conflict, if not handled in an appropriate way, can contribute to a variety of unhealthful behaviors including drug use, unwise sexual behaviors, and unsafe driving for example. Conflict is the root of many mental and social health issues as well. Habitual avoidance of conflict or always accommodating to the needs of others can influence one's health in negative ways.

Conflict can be a useful indicator that a problem needs to be fixed. It is not all bad, but conflict produces nothing good for teens who are not skillful at resolving conflict.

Step 4

A – Show slides 4 and 5 from the PowerPoint

B – Discuss or distribute a copy of the Handout – Styles of Resolving Conflicts to present the list of conflict resolution styles which have been identified by experts. Discuss them briefly.

Step 5

A – Guided Practice: Ask students to refer to the scenarios previously discussed in Step 2. Have small groups work together to brainstorm possible outcomes of the conflicts listed utilizing the different styles of conflict resolution (competing, avoiding, accommodating, compromising, cooperating, and collaborating).

B – For each scenario, have groups decide who “won,” who “lost,” how each person felt, and a likely outcome of the conflict.

C – Extension activity (if time) – Have each group create a skit using a conflict from the scenarios or choosing their own. The skit must have a realistic, positive, and non-violent outcome.

D – Have groups perform their skits to the class. The teacher and students should provide feedback about the conflict resolution skills used in the skits.

Assessment Idea

Option 1 – Have students complete the Handout – How I Resolve Conflicts. Explain that it is important to be aware of how our personal style in how we resolve conflicts. There is not one way to handle a conflict, however, it is important to strive for solutions that do not involve violence. Conflicts solved by violence are not beneficial for anyone.

Express to students they will not have to report their results to the class unless they desire. The purpose of this handout is to get them to think about how they deal with conflict in their own lives. You can have them do a “Self-Reflection” to the following questions.

- *What did you learn about yourself?*
- *What are the potential positive and negative consequences of the way you handle conflict?*
- *How can this exercise(s) improve a current relationship?*

Option 2 – Have students consider the following situation and come up with examples of how this situation might be resolved using each of the following styles of conflict resolution: competition, avoidance, accommodation, compromise, collaboration, and cooperation.

Chris and Riley are in a conflict about some money which Riley lent to Chris. Chris has not repaid the money.

References

- [Kids Health in the Classroom – Conflict Resolution](#)
- [Conflict Resolution Skills – HelpGuide.org](#)

Handout

The next page includes a handout for the lesson. The handout is designed for print use only

Identify the Conflict

For each conflict, identify the conflict and list who and what is involved in the conflict.

1. You and your sister share a room and a cell phone. She has been on the phone for 45 minutes talking to her best friend who had a fight with her parents. You want to be sympathetic to your sister and her friend but you promised your friend you would call her back by 8:00pm. It is now 7:55pm.

2. Your soccer team is in the championship game. During the first half of the game, one of your teammates continually hogged the ball. The worst part is that he missed each time he tried to score. Twice you felt you were in a better position to score but he refused to pass the ball. It is now halftime and your teammate is complaining that he feels like he has to do all of the work out on the field.

3. Your best friend told you a secret you promised to keep to yourself. You told another one of your friends who promised to keep the secret quiet. At lunch you find out that a lot of people heard the secret and your best friend is really mad at you.

4. You loaned your favorite DVD to your brother and his friend. When they return the DVD, it is scratched and will not play without skipping. Your brother says the DVD was scratched when he received it.

5. Your parents have gone out for the evening and will not be home until late. They told you that you could not have anyone over to the house and you could not leave the house while they were out. Two of your friends drop by without calling and want to come in and hang out for a little while to kill time before a movie starts.

Styles of Resolving Conflict

- **Competing**
(pursuing own goals; seeing conflict as a contest where one person wins and one loses)

- **Avoiding**
(not addressing the conflict; neglecting own needs and needs of others; no one wins)

- **Accommodating**
(giving in to the wishes of the other person; lose-win)

- **Compromising**
(satisfying some of the needs of each)

- **Cooperating**
(satisfying as many needs of each other as they can)

- **Collaborating**
(a win-win way of dealing with conflicts; fully satisfying own concerns as well as concerns of others)

How I Resolve Conflicts

Below each statement, circle the word which most closely describes your behavior.

1. When a strong conflict occurs, I prefer to leave the situation or just let the problem work itself out.

Never Rarely Sometimes Often Always

2. I like to find what each person wants most strongly and work for a point in the middle.

Never Rarely Sometimes Often Always

3. When conflict occurs, I act as though there is no real problem and try to get along.

Never Rarely Sometimes Often Always

4. When someone tries to get me to back down or give in during a conflict, that makes me hold my position more strongly.

Never Rarely Sometimes Often Always

5. I'm willing to give a little if the other person in a dispute is willing to give on some things.

Never Rarely Sometimes Often Always

6. I hate to lose in a dispute even if the issue is not very important to me.

Never Rarely Sometimes Often Always

7. I believe a conflict is really a problem, not a contest. Therefore, the goal is to find a solution both people can live with, not to beat the other person.

Never Rarely Sometimes Often Always

8. I like to look at lots of possibilities before trying to find a solution to a conflict.

Never Rarely Sometimes Often Always