



Developmental Assets

There are 40... How many does your child have?

Asset #36 – Peaceful Conflict Resolution

Did you know that giving young people peaceful conflict resolution skills is one of 40 Developmental Assets? Together, these assets are proven to prevent substance use, bullying, eating disorders and a bunch of other social problems. More importantly, assets help young people grow to their full potential – to thrive!

Whether it's a spat between sisters over who should take out the trash or an argument between nations over climate control, disagreements are part of being human. But no matter how small or large, every dispute can be resolved peacefully if both sides are willing to listen and compromise. Encourage young people to talk it out – and truly listen to one another. Speaking and listening respectfully are key.

Here are some ideas for building peaceful conflict resolution skills in your people:

- ❖ Examine how you behave when you get frustrated or face a conflict. Do you try to see the other person's point of view? Do you work to find a solution? Think about what young people are learning from your actions.
- ❖ When you notice two young people arguing, ask them to stop and take a deep breath. Once they're calmer, ask them to think about why they are mad before they start talking. Being calm helps to focus on the problem at hand and not attacking the other person. Suggest they talk about problems before the problems get too big. This can help everyone from blowing things out of proportion.
- ❖ Young people can learn violent and aggressive behavior from movies, video games, and television – keep a close eye on what they watch and discuss it!
- ❖ If you model being realistic, setting limits and priorities, and avoiding overindulgence it will help reduce stress and conflict for everyone.