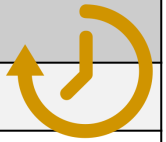


Do Now:



1. What is bullying?

2. Name two British values.

3. Name 2 warning signs of an unhealthy friendship

4. Name a positive way to build a new friendship

5. Name 2 protected characteristics under The Equality Act.

Date:



## Lesson Two

### Curriculum Question - How can I manage conflict?

#### Today's Powerful Knowledge

- That disagreements in family relationships are common, but that effective communication can improve relationships
- Different communication styles and their likely impacts
- Examples of effective communication

BL Task One: Read and respond to the questions below

How does it feel to argue or disagree with people?

How might this impact on people's actions?

Why does the way we respond to conflict matter?

What tips can we share for responding to conflict?

Effective conflict management could include:

- Supporting own wellbeing so better able to deal with conflict when it happens
- Pausing to reflect before responding
- Seeing things from different perspectives
- Coming up with different practical 'win-win' solutions
- Negotiating and compromising where safe and fair to do so
- Stepping away from escalating situations (where people seem to be getting more and more angry)
- Communicating effectively

Communicating effectively is an important skill, especially when managing conflict with others. Being aware of different communication styles and strategies can support this.

Task Two: Read the communication types and descriptions below. Add possible body language and an example of something that might be said			
Communication Strategy	Description	Body language	Example of something said
Attacking	Insulting, judging, threatening, being aggressive	<i>Loud and often invades others' personal space Pointing and aggressive gestures.</i>	<i>"You idiot!" "No-one agrees with you so just shut up!"</i>
Evasion	Down-playing, ignoring, putting off the conversation		
Informing	Sharing information, feelings, and views		
Openness	Curiosity, active listening, summarising		
Uniting	Finding agreement/common values, building connection, finding solutions		

Task Three: Read and decide how best to respond, using their understanding of communication styles. Some situations may need a very different approach to ensure safety.

Ollie's been really grouchy lately so when his parents get on his nerves, he snaps at them. Then they get angry with him. The issues are all little things, like they ask him tons of questions about his day and his friends, and they get annoyed if he has a lie-in at weekends. It's making it feel unbearable to be at home right now.

*I think this person should...*

Laura's dad is a single parent who relies on a small income from part time work to pay for expenses while he's looking after Laura's younger brothers. Laura's dad says he can't afford expensive school trips and clothes. But Laura feels left out as her friends' parents can afford those kinds of things. Laura recently got upset about it and snapped at her dad.

*I think this person should...*

Tilly has recently been placed with a new foster family and is finding it difficult to learn a new set of rules and expectations, so she gets really angry sometimes and lashes out. She had similar problems at her last foster placement, so she doesn't know what to do.

*I think this person should...*

Tomasz's mum has been drinking a lot since she lost her job and it makes it very difficult to talk to her about important things. He is really worried about what's happening at home and it's affecting his schoolwork which gets him into trouble.

*I think this person should...*

Is it safe for the character to manage this situation themselves?

How could the character resolve this issue?

What support might they need to help them manage the situation?

Progress reflection: Can you suggest any ways young people can reduce the conflict they any have with parents?

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If you would like further guidance or support:

- speak to a parent/carer, tutor, head of year, school nurse/counsellor or other trusted adult
- Visit:
  - A Better Medway: [www.abettermedway.co.uk](http://www.abettermedway.co.uk)
  - Childline: [www.childline.org.uk](http://www.childline.org.uk) 0800 1111



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