

# HOW DO WE HANDLE CONFLICTS WITH OUR FRIENDS?

## HERE ARE SOME TIPS!

1. COOL OFF FIRST (TAKE A WALK, TALK TO A PARENT/TRUSTED ADULT)
2. SPEAK DIRECTLY TO THE PERSON THAT YOU ARE IN A CONFLICT WITH-DO NOT TALK THROUGH OTHERS OR LET FRIENDS GET INVOLVED. THE CONVERSATION NEEDS TO STAY BETWEEN TO ORIGINAL PEOPLE INVOLVED.
3. SPEAK ASSERTIVELY, HONESTLY, AND KINDLY (USE "I FEEL..." STATEMENTS, NOT "YOU ARE..." STATEMENTS)
4. LISTEN CAREFULLY TO THE OTHER PERSON AND TRY TO REPEAT BACK TO THEM WHAT THEY HAVE SAID. THIS ALLOWS THE PERSON TO HEAR WHAT THEY SOUNDED LIKE.
5. PROPOSE SOLUTIONS AND AGREE ON A GOAL TO MOVE FORWARD.
6. SET NEW GOALS FOR YOUR FRIENDSHIP.