



*A 7-12 Lesson on Managing Disagreements, Repairing Relationships,
and Building Peace Through Communication*



Introduction for the Facilitator

This lesson equips students with the essential skill of **conflict resolution** so they can address disagreements with calm, clarity, and care. In middle and high school, conflict is a normal part of growing up. Whether it's a misunderstanding, a difference in values, or hurt feelings, students need tools to respond instead of react.

Conflict resolution doesn't mean avoiding conflict. It means facing it in ways that repair trust, protect dignity, and build stronger relationships. Students learn to pause, listen, speak their truth, and work toward shared understanding, even when it's uncomfortable.

This skill becomes a key part of a student's **personal competitive advantage**, helping them navigate group projects, friendships, jobs, and leadership with maturity. It also supports the **lifestyle** they want to live, rooted in respect, empathy, and real connection.

This lesson includes:

- A Real-World Scenario to show resolution in action
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 Activities to build calm, respectful conflict resolution habits
- A printable Worksheet for reflection and planning



Real-Life Scenario

You and your friend planned to work on a project together. But they started without you...and didn't tell you. You're hurt and frustrated.

You want to text something sarcastic. Or maybe just ignore them.

Instead, you take a breath and say, "Can we talk? I felt left out. What happened?"

They explain. You listen. You don't agree on everything, but you understand each other better. Then you agree on how you will work together next time.

That's conflict resolution. It's not about winning or giving in. It's about talking through what matters and moving forward with respect.



Group Discussion Questions

1. What does conflict resolution mean to you?

Follow-up: How is it different from avoiding or ignoring conflict?

2. Why do small problems sometimes become big ones?

Follow-up: How can we catch conflict early, before it grows?

3. What helps people stay calm during disagreements?

Follow-up: What helps you stay calm when you're upset?

4. What's the difference between reacting and responding?

Follow-up: Why does that difference matter in conflict?

5. How can we express our side without blaming or attacking others?

Follow-up: What are respectful phrases that help?

6. What's something people forget to do during conflict?

Follow-up: What's one thing we should always try to do?

7. How does conflict resolution grow your personal competitive advantage?

Follow-up: Where might this skill help you succeed in school, work, or relationships?

8. What kind of lifestyle do you want to live?

Follow-up: How does resolving conflict in a healthy way help build that life?



Journal Prompts

(Students can write or draw their responses depending on learning style or preference.)

1. **Write or draw about a time you worked through a disagreement. What helped?**
2. **Describe a time a conflict got worse. What could have changed the outcome?**
3. **What helps you cool down when you're upset with someone?**
4. **Sketch your "Conflict Resolution Toolkit." What phrases or tools go in it?**
5. **What's one thing you want people to understand about how you handle conflict?**
6. **Write about someone you've seen handle conflict really well. What did they do right?**
7. **What's one conflict in your life—past or present—that you still think about? Why?**
8. **How can conflict resolution help grow your personal competitive advantage?**



Activities

1. **The "Cool-Down First" Rule**
Discuss what students can do before speaking in a heated moment: walk away, breathe, count to 10. Make a class "cool-down list."
2. **Conflict Roleplay Scenarios**
Students act out common conflicts (friendship, teamwork, school). Class helps rewrite the ending using healthy resolution steps.
3. **"I Feel... I Need..." Practice**
Teach students to replace blame with honesty. Practice statements like "I feel frustrated when..." and "I need..."
4. **Repairing the Bridge**
Draw two sides of a river, each with a student's perspective. Build a "bridge" of strategies to connect the two with understanding.
5. **Conflict Curiosity Circle**
Students discuss what might be going on under the surface of a conflict (e.g., stress, fear, feeling left out).
6. **Step-by-Step Conflict Map**
Students map a conflict they've experienced, step by step, and identify where it escalated and where it could have gone differently.
7. **Listen and Reflect Challenge**
In pairs, students practice repeating back what the other person says before responding. Focus on listening to understand.
8. **"The Apology Rebuild" Activity**
Explore what makes an apology meaningful. Practice writing or saying an apology that includes ownership and empathy.
9. **Team Circle Agreements**
As a class or group, create a shared set of agreements for how you'll handle conflict when it comes up.
10. **Conflict Resolution Superhero**
Students design a superhero whose power is solving conflict. What tools do they carry? What's their approach?



My Conflict Resolution Plan

Name: _____

Helpful Words:

- **Conflict Resolution** = solving disagreements respectfully and thoughtfully
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = the emotional skills that help me lead, connect, and solve problems under pressure

Directions:

Use **writing or drawing** to reflect on how you handle conflict and how you'd like to grow.

Use the back of this sheet if you need more space.

1. One conflict I handled well in the past was:

2. One conflict I wish I had handled differently was:

3. A strategy that helps me stay calm during disagreements is:

4. My Conflict Resolution Superpower helps me do these things:

5. A respectful phrase I want to practice using is:

6. Conflict resolution helps me grow my personal competitive advantage by:

7. This is how healthy conflict resolution supports the lifestyle I want to live: