

## SOLVED Conflicts

It is normal for adolescents to disagree sometimes because all people are different with different points of view and different feelings. Employing healthy conflict resolution skills builds relationship skills.

The S.O.L.V.E.D approach can be used to resolve conflict in most relationships and situations:

- S**—State the problem as you see it.
- O**—Open the discussion to other points of view.
- L**—List the possible solutions together.
- V**—Veto solutions that are not acceptable to someone involved.
- E**—Evaluate the solutions that are left.
- D**—Do the one solution most acceptable to all.

*When adolescents have conflicts, they can actually strengthen their friendships by finding positive ways to solve their differences.*

## Building Your Adolescent's Social and Emotional Competence

Relationship skills is a social and emotional learning competency that helps adolescents establish and maintain healthy and rewarding relationships with diverse individuals and groups. These activities help adolescents build conflict resolution skills.

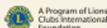
### Write It!

Have your adolescent write a short story with two different endings about a conflict between two characters. In one ending, the friendship becomes hostile because the characters refuse to see the other's point of view. In the alternate ending, the characters use the SOLVED approach to resolve their conflict.

### Imagine It!

Reinforce understanding of the steps of SOLVED by having your adolescent write a letter to a real or imaginary friend explaining the steps of the SOLVED approach and how it can help avoid strong emotions during conflicts. Encourage your adolescent to use a friendly tone that is explanatory but also inviting.

Many adolescents are experiencing feelings of uncertainty, anxiety, and fear due to the onset of COVID-19. They need a chance to share their thoughts and feelings and ask questions. Make sure you are accurately informed and ready to educate your adolescent knowing the information is evolving all the time. Get information from: The Centers for Disease Control (CDC) at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.



Lions Quest is a social and emotional learning program of Lions Clubs International Foundation.