

## Resolving Conflicts

Conflict—struggle, disagreement, opposition, controversy—is a natural part of life and is likely to arise any time we work together. If a conflict is not resolved in a way both parties can accept, it can lead to a broken relationship and, even worse, to violence. Learning to develop conflict resolution skills helps teens develop important 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.

*By increasing our sensitivity to the other person's point of view and by learning more ways to respond positively in a conflict situation, we can go on to improve those skills.*

The key to resolving conflict is to find resolutions that meet the needs of everyone involved.

## Building Your Teen's Social and Emotional Competence

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

### Blog About It!

Ask your teen to choose a conflict situation and write a blog entry about how people worked together to resolve the conflict.

### Research It!

Have your teen identify a topic that creates conflict for teens. Ask your teen to write a skit about resolving the conflict using S.O.L.V.E.D.

Many teens 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 teen 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>.

