

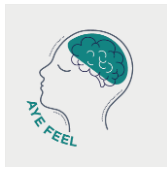


#YSSchools

#AyeFeel

Coping with Conflict





To begin...

Start by going to: <https://young.scot/get-informed/national/coping-with-conflict-during-covid-19-lockdown> and reading through the information on coping with conflict

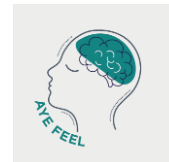
The article focuses on four different themes:

- **What causes conflict?**
- **Reacting to conflict**
- **Managing emotions**
- **Struggling to manage emotions**

In these activities you will use the knowledge that you have learnt from reading the article to offer your own advice in some practical based scenarios and also start to think about some steps that you could take to help manage some conflict related scenarios you may find yourself in.

We hope that you will find these activities useful!





What causes conflict?

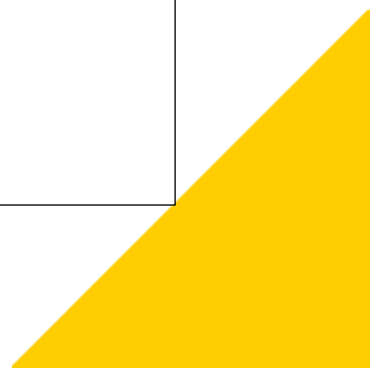
Conflict usually starts when you disagree with somebody about something, or you don't like how someone has reacted to something. In the below scenarios you will read about Sara who is experiencing conflict at home and Zahid who is experiencing conflict with his friends.

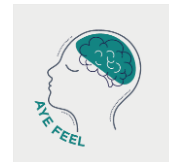
Sara, aged 16, lives at home with her mum, dad and younger brother. Her brother is 2 years younger than her. Due to lockdown they are all having to stay within their household. Sara is starting to feel a little annoyed at her brother. She thinks that her brother is lazy and doesn't tidy up after himself. Sara does it for him as she doesn't like mess lying around. She feels that her brother is doing this on purpose as he knows that Sara will clean up after him.

In the box below explain what you think has caused the conflict and why. Remember there are two main causes of conflict that you can choose from: misperception or misinformation.

Zahid has been chatting with his friends online during lockdown. He is told by one of his friends that one of the other boys that they chat with is been spreading rumours about him. Zahid has experienced online bullying before and does not want it to start again. He feels sad and angry that his friend is spreading rumours about him. He decides that he will message the friend who has been spreading rumours and to tell him how he feels. It turns out that his friend wasn't spreading any rumours.

In the box below explain what you think has caused the conflict and why. Remember there are two main causes of conflict that you can choose from: misperception or misinformation.





Reacting to conflict

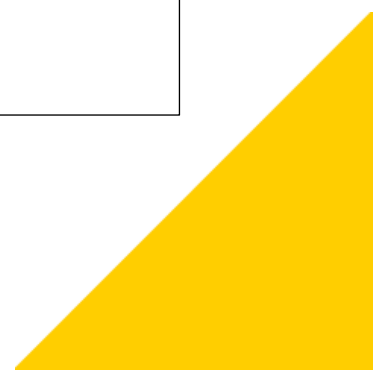
In both of the scenarios below someone has said/done something that has upset another person. Read through the scenario and in the box provided, write down the advice you would give on how they should react.

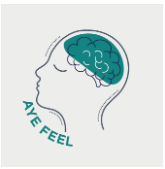
Ryan and Lucy are brother and sister. Their parents are separated, and they live with their mum, who is at work a lot. Ryan and Lucy are starting to argue a lot about a variety of things, such as who gets to watch what on TV. All the little arguments are building up and they end up having a huge argument with each other, both saying some pretty hurtful things. They are now not talking to each other.

Write the advice would you give in the box below.

Logan and Struan have been friends since they started nursery. They are now both in high school, though due to lockdown, they are doing their school work at home. During the first few weeks they talked a lot, though now they have started to speak a little less. Logan is concerned that he has done something wrong as Struan is not replying to his messages. Logan feels hurt and left out and is worrying that Struan no longer wants to talk to him.

Write the advice would you give in the box below.





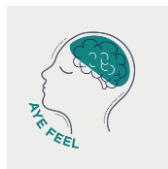
Managing Emotions

Emotions can be powerful! But it can be really useful to know how they work so we know how we can manage them. Head to the Scottish Centre of Conflict Resolution to [find out what's going on in your brain](#) when you feel angry, sad, happy and everything in-between. This might also help you to work out what to write for the next activities. You can also go to: <https://young.scot/get-informed/national/coping-with-conflict-during-covid-19-lockdown> for more help.

What pushes your emotional buttons? Start by writing in the box below some of the things that, when they are triggered, make you feel irritated, frustrated, and angry.

Now that you have thought about what triggers some of your emotions, you can better manage how you react to certain things. Have a deeper think about some of your triggers to feeling irritated, frustrated, or angry and in the box below think about some things you could do to manage your reactions. Write these in the box below.





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