

Speaking Up in Friendships to Resolve Conflicts

Conflict is not fun! But even the best of friends argue sometimes.

Luckily, there's a fair and healthy way for friends to solve problems together. By addressing (instead of avoiding) conflicts, we make the situation better.



RULE 1: Talk face-to-face with the person you're in conflict with

RULE 2: Do not involve other kids in the conflict

WHAT TO DO WHEN YOU HAVE A CONFLICT WITH A FRIEND?

Common Friendship Conflicts:

Not Sharing, Not Listening, Not Taking Turns, Not Finding Fair Solutions, Misunderstandings, Disagreements

When BOTH Friends are in a Conflict

STEP 1: Talk It Out

One friend shares how they feel and what they want while the other friend listens. Then switch.

Be sure not to interrupt while your friend is talking.

STEP 2: Both Share Possible Solutions

STEP 3: Both Agree on a Fair Solution

- If you can't agree on a fair solution
- ★ Take a break & try again later
 - ★ Flip a coin, Rock-Paper-Scissors
 - ★ Find an adult to help

When YOU Want a Behavior to Change in a Friendship

STEP 1: Speak Up with "I Power"

I feel _____ when you _____ because _____.

I would like you to _____.

EXAMPLE: "I feel frustrated and sad when you don't listen to my ideas because I have good ideas too. I would like for us to take turns."

STEP 2: Forgive & Forget (if issue resolved)

STEP 3: Decide What to Do Next

- ★ Get back to game
- ★ Take a break
- ★ Find another friend to play with

NOTE: If your friend continues to ignore your repeated requests to change a negative behavior, it might be time to put your time and energy into other friendships.