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.

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.