

TEACHER SLIDE

Activity	Description	Timing
1. Introduction	Do it now task – there is an optional worksheet if you prefer students write their answers. Students to identify things that nurture a relationship and things that spoil a relationship. Introduce lesson, recap ground rules.	5 mins
2. Helping/ hindering relationships	Take feedback from the Do It Now task, then discuss ideas on slide 6. Find differences and similarities with the students lists. Explore where they have put most emphasis.	5 mins
3. Conflict resolution	Discuss slides about conflict and conflict resolution. Share tips for managing conflict.	5 mins
4. Scenarios	Put students in groups to discuss scenarios and questions. Students to discuss multiple scenarios. Ask what suggestions will escalate and cause further problems? NOTE: The Joe and Archie scenario needs to involve discussion of consent. Discuss different ways to resolve conflicts.	20 mins
5. Signposting	Reminder about expectations in a relationship – abuse is never ok. Show video clips. Discuss thoughts. Highlight that conflict and abuse are very different. Signpost to Childline.	10 mins
6. Wrapping it up	Ask students what they will take away from the lesson.	5 mins

TEACHER SLIDE

This lesson is about managing conflicts in relationships.

It is VITAL that young people understand the difference between a normal conflict in a relationship and an abusive situation.

Ensure this understanding and signpost the students to support if they need help.



What kinds of things do you think help to nurture a relationship?

What kinds of things do you think spoil or hurt a relationship?

MANAGING CONFLICT

YEAR 11



Isle of Man
Government

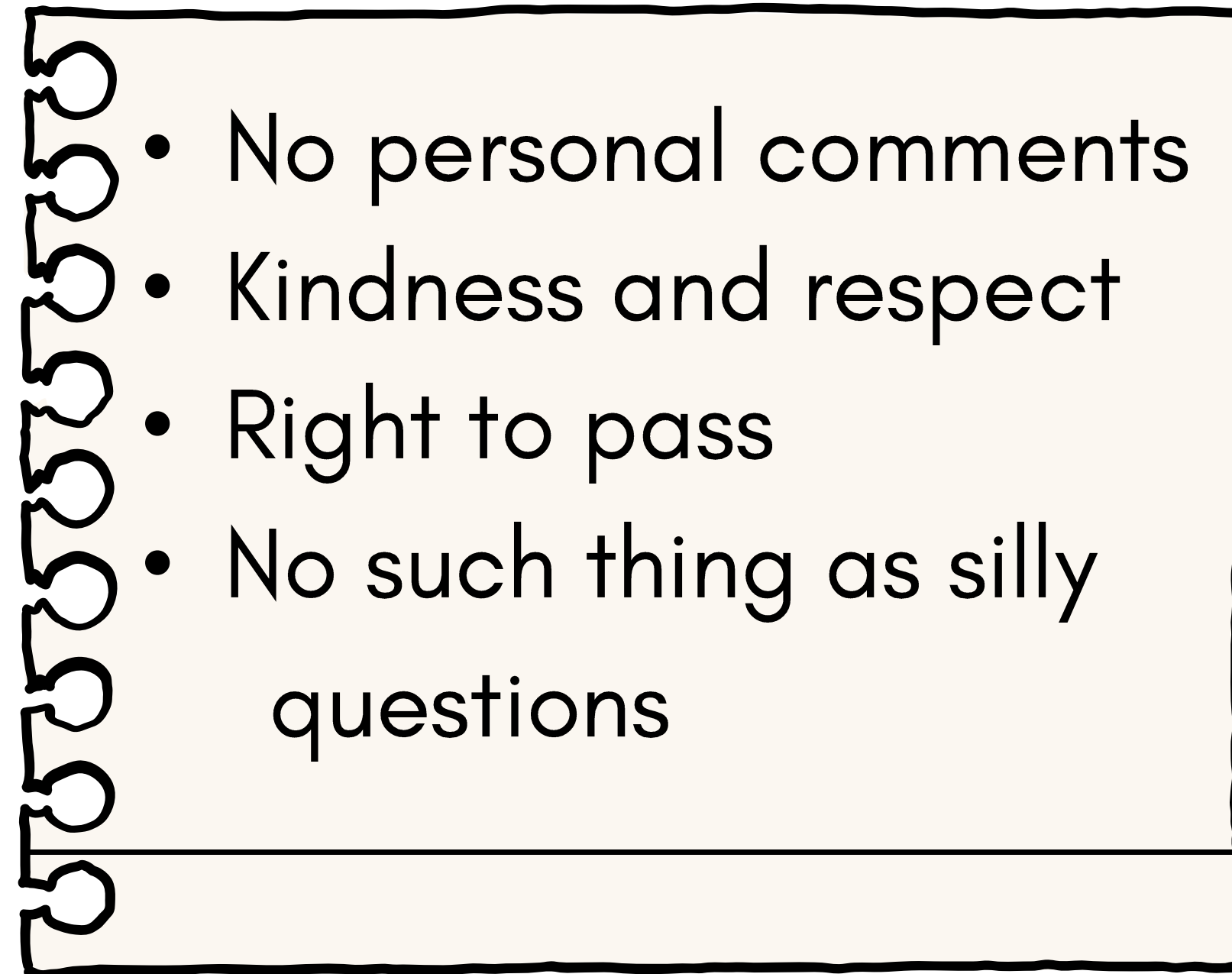
Reiltys Ellan Vannin

This lesson has been adapted for the Isle of Man from Scotland's national resource for relationships, sexual health, and parenthood (RSHP) education

LEARNING OBJECTIVES

- Understand that conflict can occur in any relationships
- Describe strategies for de-escalating conflicts when they arise
- Identify where to go if they need further support

CLASS AGREEMENTS

- 
- No personal comments
 - Kindness and respect
 - Right to pass
 - No such thing as silly questions

any others?

THINK, PAIR, SHARE...

Let's **ASK** ourselves, from the previous lesson(s)

What are some of the **a**tttributes that you learnt or used?

What were some of the **s**kills you practised?

What was one piece of **k**nowledge you learned?

Things that will help and nurture a relationship:

- Communication
- Freedom
- Trust
- Equality
- Respect

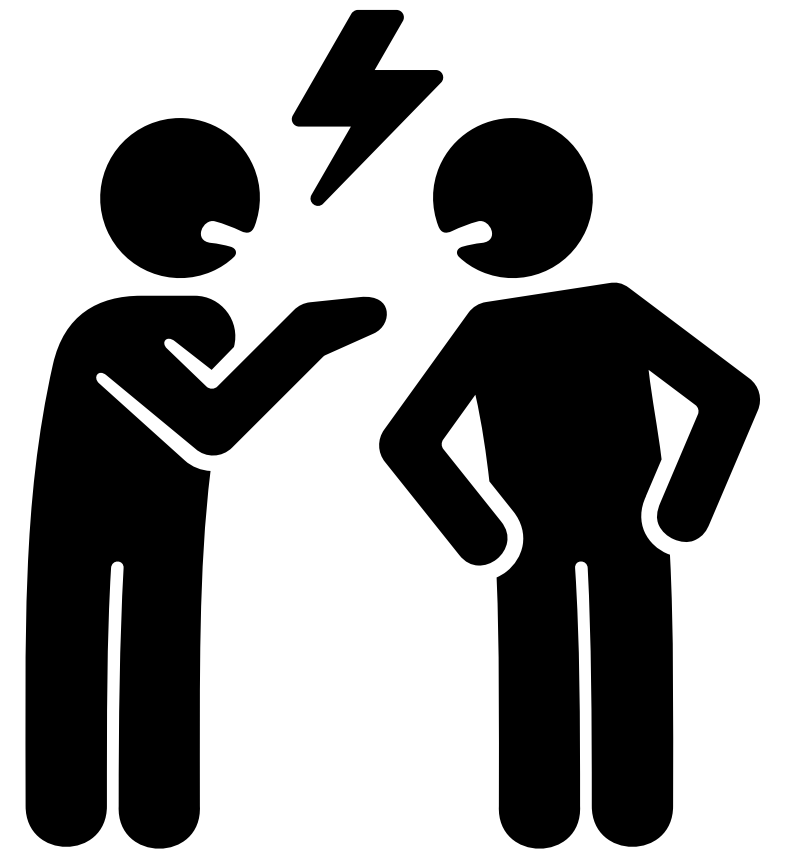
Things that will spoil or hurt a relationship:

- Lack of communication
- Insecurity
- Lack of trust
- Jealousy
- Assumptions

WHAT IS CONFLICT?

Conflict is when two or more people want different things. We tend to think of conflict as more than just a disagreement.

It's normal to have times when you don't get on with a partner. Conflict is a situation in which one or both parties feel some kind of threat. Conflict can make people feel emotions very strongly. It can leave people feeling stressed, upset or angry. It makes it hard to see the other person's point of view.



WHAT IS CONFLICT RESOLUTION?



Conflict resolution is a way for two or more parties to find a peaceful solution to a disagreement. The disagreement may be personal, financial, political, or emotional. When a dispute arises, often the best course of action is negotiation to resolve the disagreement.

10 TIPS TO DEAL WITH CONFLICT

1. Be direct, say what's bothering you.
2. Talk about how you feel without blaming your partner.
3. Never say never or always: as in "You never speak to me about...." Or "You're always on your phone..."
4. Deal with one thing – focus on one issue rather than lots of things.
5. Really listen – pay attention and don't interrupt.
6. Don't automatically object to your partner's complaints – try not to get defensive from the start.
7. Try to understand where they are coming from.
8. Respect the other person's perspective – don't put them down or be sarcastic.
9. Don't be negative about everything.
10. Take time out, take a breath, go calm down

ACTIVITY: CONFLICT SCENARIOS



ACTIVITY: CONFLICT SCENARIOS

What suggestions will de-escalate the conflict and lead to a better outcome?

What suggestions will escalate and cause further problems?

THERE ARE DIFFERENT CONFLICT RESOLUTION STRATEGIES

- **Active listening** (understanding the other person's point of view)
- **Compromise** (finding a middle ground)
- **Collaboration** (working together for a solution)
- **Avoidance** (when it's best to step back)
- **Assertiveness** (expressing one's needs respectfully)

REMINDER

Conflicts are normal in relationships. Abuse is not.
A disagreement or argument is never an excuse to be emotionally, physically or sexually abusive.





REMINDER

If you are worried about yourself or another person,
you must reach out to a trusted adult.

This may be a family member, a sports coach, or a teacher at school.

Reflection

ASK what are you taking from today's lesson?

If anyone was concerned about anything from today's lesson, where could they get help?



CHILDLINE

Childline provides free confidential advice and support for all young people your age.

Whatever your worry, if it's about you or someone you love, Childline counsellors are there to help.

Speak to them by phone, online or email 24 hours a day.
Information and chat online <https://www.childline.org.uk>



To talk with someone confidentially about how you feel, you can:
Contact **Isle Listen: 01624 679118** www.islelisten.im