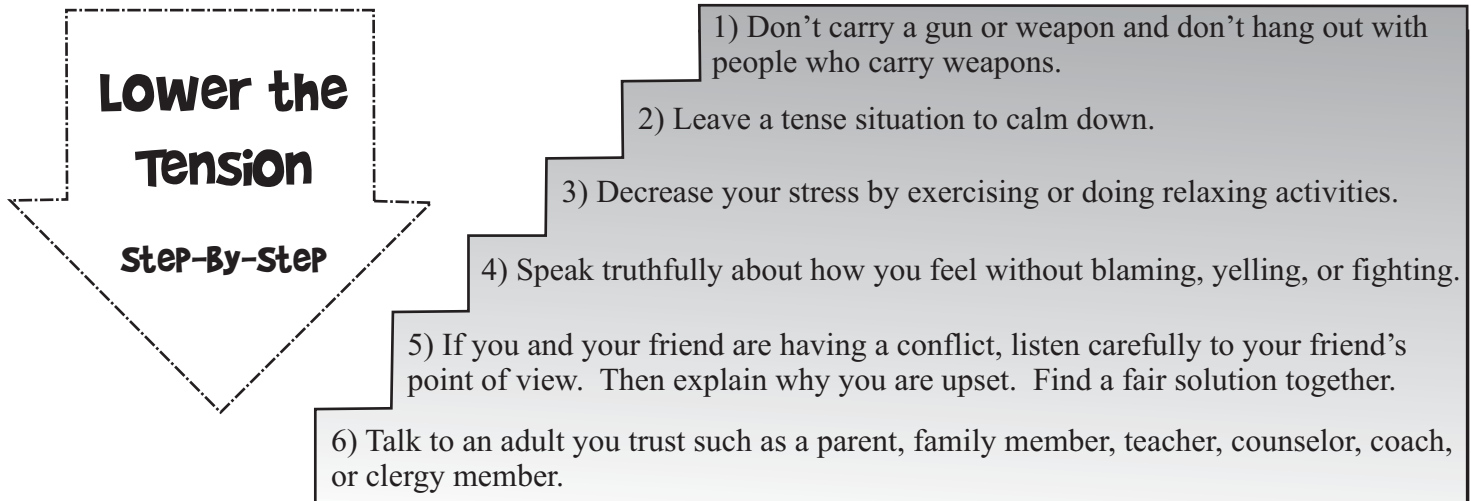


Keep The Peace

Disrespectful acts, teasing, rumors, and bitter words can lead to anger, hurt feelings, and fights. The good news is that problems can be solved without violence. These tips can help you stay calm during a conflict.



Working Through Problems and Making Decisions

Step 1. Decide what problem or situation you would like to work on.

Example: My little sister gets on my nerves and is always bothering me.

Step 2. Think about all of the possible ways you can solve the problem or improve the situation. Write all of the ideas you came up with on a piece of paper even if the ideas seem wrong, silly, or too difficult.

Example: Ignore my sister.

Ask my mom to keep her away from me.

Calm down and tell my sister I will hang out with her later.

Go play basketball with my friends.

Step 3. Write down the positive and negative points for each action.

Example: Ignore my sister: (+) *I won't have to deal with her.*

(-) *Ignoring her will hurt her feelings.*

Step 4. Choose the best way to solve the problem or improve the situation without hurting other people or using violence.

Example: Calm down when my sister annoys me and tell her I will hang out with her later.

Step 5. Know what you will need to carry out the action. Be prepared for the obstacles you will face.

Example: I will need to control my temper. I will need to keep my promise to my sister.

It will be hard to find time to hang out with my sister. Instead of watching TV by myself in my room, I will do something fun with her after school.

Step 6. Carry out the action you chose and be proud for solving problems in peaceful ways.

Resources:

- ♦ Dealing with Depression workbook: www.mcf.gov.bc.ca/mental_health/pdf/dwd_writable.pdf
- ♦ Facts for Teens. National Youth Violence Prevention Center: <http://safeyouth.org/scripts/teens.asp>

Do you have any comments or questions about this handout? Please contact Adolescent Health Working Group by emailing feedback@ahwg.net or calling (415) 554-8429. Thank you.