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How to solve conflict without using violence

First let me start by giving you a little summary of what the word conflict means. The word conflict means when you're in a fight or a disagreement. If you ever find yourself in a conflict do the following:

- Tell a friend or someone close to you.
- Tell a teacher or an adult in the playground.
- You could tell a peermediator in the playground.
- You could walk away but if it continues you have to tell someone. If the conflict gets out of hand do not do these things to them:

- Do not shout at them.
- Do not try to throw a fist or hurt them in any way.
- Do not use violence or aggressive behaviour under any circumstances. Why we should not use violence or aggressive behaviour in any shape or form. For a start you could get yourself in very serious trouble, so always try to stay calm

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about the situation. Any way violence is not the best way to go about things, it just shows your weak inside, not a very happy person, not very nice and it shows your the more guilty one. If you are used to using violence on a regular basis or aggressive behaviour more than once it can also show that there could be fights and aggressive behaviour at home and that could lead up to you losing all your friends. If your going to copy the bad examples at home which are arguing, disagreeing, picking fights, bossing them about and hurting them you don't deserve to have friend your going to treat badly by bullying them.

What is a peer mediator?

A peer mediator is someone you can go to and they will help you with your problems. If there are peer mediators in your school you should consult them and they will always tell you ways of how you can deal with your

problems and how you could sort it out. It is a good idea to go to a peermediator because they will not judge you, they will not take sides, they are friendly, they will not spread your problem around, they will not laugh, they will always help you with your problems and they will never say no to helping you out. They are there to talk to, they are really like your best friend if you are lonely they will play with you.

How I have applied a situation without using violence.

For instance; last time someone took my pencil but I didn't grab it off them, I didn't shout at them I just asked for my pencil back and I gave them one of my other ones and we were both happy.

!!! Remember violence doesn't solve ANYTHING!!!



Don't do it it's bad!!!

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