**2006**

 **11-13 Years**

**2nd Place**

**Sonia T. Nyathi**

**11 years old**

What are the best ways to resolve conflict without using violence?

Conflict causes sadness, angryness and death but to resolve that we need to communicate and speak our minds and differences example Martin Luther king had a dream he spoke his mind and was able to stop discrimination and change the world without violence. Plenty other people spoke their minds and changed the world and were remembered in a good way. Nelson Mandela also stopped discrimination and asked people in South Africa to forgive and reconcile. Violence is revenge it makes the world not safe it kills and destroys families and creates more tears and sorrow. But the world doesn’t have to be that way if people just listen to each other and stopped thinking about violence. Violence is not the best way to resolve things it just creates enemies but arguing without a temper can make it easier for people to speak their feelings and understand where they where wrong. Sometimes during an argument someone has to be in the middle to be on both sides and listen to the people’s different points of view. Violence just makes it hard to forget what happened. To some people after using violence they feel really guilty but communicating and letting out all your stress makes you feel good and comfortable it makes you know that you made a right choice you'll be able to forget and start a fresh.

And how have you applied them?

Sometimes at home I have a little argument with either my brother or sisters usually to do with cleaning but instead of fighting and using violence we talk and arrange a way of making it fair like saying you clean to day I'll clean tomorrow. If I’m away or sick you do my chore and I’ll do yours later, that way no one gets hurt or upset and we continue talking and being friends but if one of us was to break that rule we would feel pretty guilty and probably never do it again.

Sometimes at school I argue with my friends usually about making secrets without telling everyone in the group. Raising our voices while arguing makes it hard to hear everyone speaking their mind so we call our teacher to come and sort it out. She doesn’t take sides she listens to both of us then tells us where we have gone wrong after that we become friends more quickly without violence. Or I could be in the middle to bring my friends together and be the peace maker.

At home my mother or my grandmother does the same and I copy that style because it resolves conflict without violence. I hope to use this to communicate as I grow older.

I believe that resolving conflicts without violence brings peace, love, friendship to our world. The world would be a better place if we do not use violence but communicate and talk together.