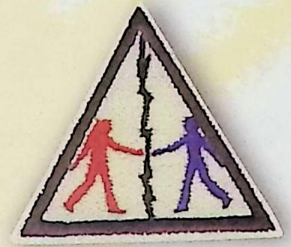
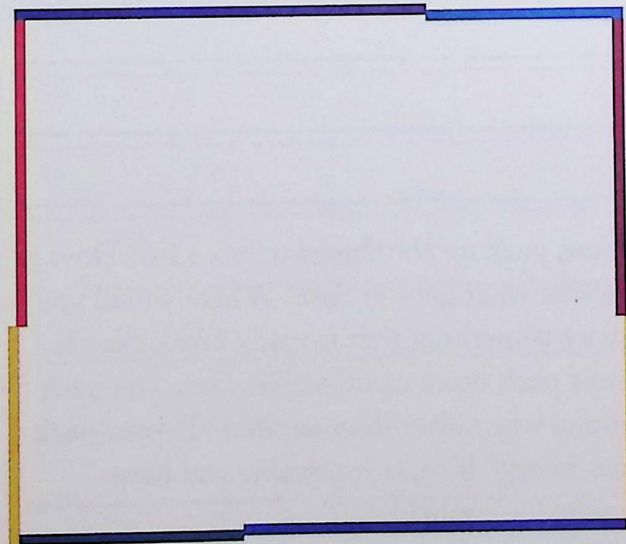
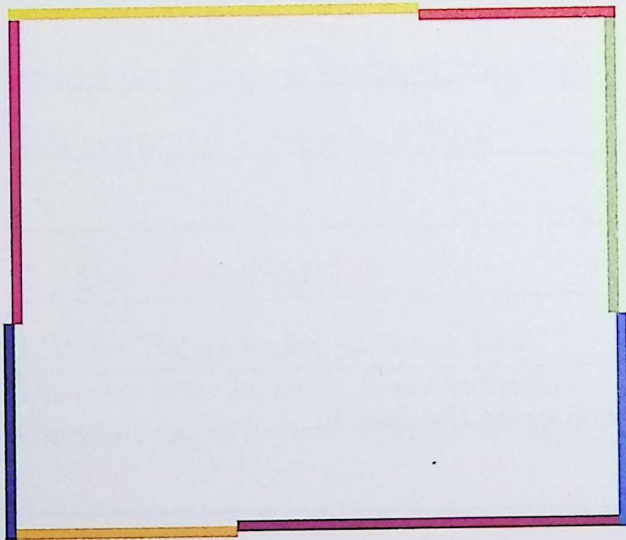


Working It Out



Conflict happens when two people disagree. Learn how to handle conflict in a positive way.



1. Picture This

Draw two different cartoons. One should show the wrong way to handle a conflict—like hitting someone, having a temper tantrum, yelling at someone, or tattling. The other cartoon should show the right way to handle that same conflict.

Pick one of the following situations:

- Your brother or sister takes your toy.
- Someone at school is copying off your test paper.
- You disagree with your parent or guardian about how much time you're allowed to watch TV.

Share your drawings with a friend and see if she can guess which drawing shows the better way to handle these situations.

2. Clearing the Air

Sometimes conflict happens because what you heard someone say was **not** what she meant to say. Practice this listening activity to prevent misunderstandings.

1. Sit facing a friend.

2. Have her tell you something (it can be real or made up).
3. Start with "I heard you say...." and repeat exactly what you heard. End with "Is that what you meant?"
4. If she says no, ask her to rephrase what she said. Answer with "I heard you say...." and repeat exactly what you heard. Again end with "Is that what you meant?"
5. Continue the activity until the two of you agree about what was meant.
6. Switch roles.

3. Problem Solving

Sometimes it takes a person outside the situation to help solve a problem. With some friends, brainstorm a list of problems girls your age might have. Each girl should give an answer to one of the problems. Compare answers. You might find that there's more than one way to solve a problem.

4. Act It Out

Try this with your Girl Scout friends, family, or others.

1. Write out on separate slips of paper two problems you face, perhaps a bully in your life, a teacher who yells at you, or a friend who doesn't pay attention.
2. Place the two slips of paper containing the problems in a bowl.

3. Find a partner and pick out a problem from the bowl. Act out the problem together.
4. Everyone else watches and then offers solutions.
5. Act out one of the solutions that has been offered.

5. Negotiate

Negotiating is a way for people to come to an agreement. Negotiation can help solve lots of problems. In fact, some people make negotiating their full-time job!

1. With your family or Girl Scout troop, list three or four different situations that cause problems for you. Are you often late for school? Do you want a later bedtime? Does your sister take your things?
2. Go over one item on the list with a friend or grown-up and explain why it's a problem for you.
3. Brainstorm with someone why and when this problem happens.
4. Brainstorm a list of solutions to this problem. Pick one or two that might work for you and the other people who are involved.
5. Share your problem, your explanation, and your solution. Try that solution for a short time and see if things get better.

Try It!