

# **ALTERNATIVE DISPUTE RESOLUTION**

*A Single Class Period About Conflict and Dispute Resolution*

**A. OBJECTIVES**

Students will:

1. Be able to identify main sources of conflict.
2. Learn new attitudes, ideas, and skills to constructively work through conflict.
3. Improve their understanding and knowledge of conflict resolution practices, such as negotiation and mediation.
4. Share and learn in interactive and fun ways.

**B. WHERE DOES CONFLICT COME FROM?**

1. Conflict is Natural. (Handout)
2. Hierarchy of Needs (Maslov's Triangle Visual Aid).
3. Limited Resources, Different Values, and Unmet Basic Needs Create Conflict.
4. **Activity: "How I Respond to Conflict"** (Students receive handout of a graph with list of possible responses to conflict on one axis and people with whom they have conflict, including one peer, one parent or adult, and one authority figure. They list their responses to conflicts with each person.)
5. Debrief Activity.

**C. "YOU'VE GOT STYLE": CONFLICT, NEGOTIATION, AND PROBLEM SOLVING STYLES.**

1. The "ABC's" of Conflict: Avoid, Battle, or Collaborate.
2. Each style is appropriate at different times and in different situations.
3. Discuss different styles.

**D. ASSIGNMENT:** Use each of the three conflict styles in an appropriate setting (not in a situation where physical or emotional violence is a possibility). Write a Journal entry on each experience. Due \_\_\_\_\_; minimum of one page long.