



TIPS FOR TEENS TO **RESOLVE CONFLICTS**



- Although this may be tough at times, take a step back to understand the other person's perspective.
- Communicate your feelings honestly and be willing to listen to their concerns without interrupting.

- Stay calm and try not to get too emotional to think clearly.
- Look for a solution that meets the needs and concerns of both parties.



- Consider seeking the help of a mediator if the situation is too difficult to resolve on your own.
- Use "I" statements to express your thoughts to help the other person understand the impact of their actions.

