



Conflict Resolution

For Parents and Caregivers of Middle and
High School Aged Youths



Course Overview

Module 1: Learning from the Arts and Media

Module 2: Applying to Real Life Scenarios

Module 3: Changing the Culture of a Community

An “**interpersonal conflict**” is a disagreement or discord between people with respect to goals, values, or attitudes.

Course Objectives

1. Identify different kinds of conflicts your life.
2. Craft a number of strategies to attempt resolution of a conflict.
3. Learn how to engage your child, teen or young adult in resolving a conflict.
4. Identify when a conflict is getting worse and attempt to de-escalate the problem.
5. Understand when a conflict is fully resolved, or when more work needs to be done.
6. Help advise your children, or others, who might need help resolving conflicts.
7. Consider ways to address conflict at a community or societal level.