

Junior/Senior High School WORKSHOP

Conflict Resolution and Active Nonviolence

- ❖ Welcome and Introductions
- ❖ (If possible) Relate topic to Mission/Vision Statement of the school
- ❖ **Conflict:**
 - ~ Definition: Because all of our needs and expectations are different...conflict arises when 2 or more people think, act or express themselves differently based on their own needs and/or expectations
 - ~ Conflict can be positive
 - ~ There are different styles for dealing with conflict
 - ~ EXERCISE and Reflection
- ❖ **Break:**
- ❖ **Violence:**
 - ~ Definition: Intentional use of words, actions or physical force so as to injure, abuse, damage or destroy
 - ~ Expressions of violence
 - ~ Types of violence
 - ~ Experiences of violence
- ❖ **Active Nonviolence:**
 - ~ Definition: the use of peaceful means in an active, persistent manner to bring about social change and a means of building a community committed to the well-being of all
 - ~ EXERCISE and Reflection
- ❖ **Handout:**
 - ~ Hints for dealing with conflict 1-on-1
- ❖ **Evaluation**
 - a. **What were new learnings ?**
 - b. **What would you have liked more time to learn about and/or discuss?**
- ❖ **Closing**