



SAMPLE LESSON PLANS

Grade 10 – Violence Prevention/ Healthy Relationships

Unit 8

SOLs:

10.3.t Practice procedures for peaceful resolution of conflicts.

Title: Resolving Conflicts

Objectives/ Goals:

- Students will learn conflict resolution skill steps on how to solve a conflict.
- Students will role play the skill steps of Conflict Resolution: C.O.N.F.L.I.C.T.T.S.

Materials:

- Computer, screen and projector
- [Conflict Resolution Skill Steps](https://youtu.be/OMTba42Y82w) (Video) <https://youtu.be/OMTba42Y82w>
- Conflict Resolution: Skills Steps “CONFLICTTS” handout (printed)
- [Human Options: An Example of a Healthy Relationship YouTube](https://youtu.be/csaDxtiZe7A) <https://youtu.be/csaDxtiZe7A>
- Role Play “C.O.N.F.L.I.C.T.T.S” Graphic Organizer (printed for ½ class. Students will work in pairs)

Procedure:

Step 1: Introduction/Hook

- [Play Conflict Resolution Skill Steps](https://youtu.be/OMTba42Y82w) on the projector. (3:27 mins)

Step 2:

- Pass out Conflict Resolution: Skills Steps “CONFLICTTS” handout
 - Read over the steps of “CONFLICTTS”

Step 3:

- Show [Human Options: An Example of a Healthy Relationship \(YouTube\)](#) (3:22 mins)

Step 4:

- Students will find (or be assigned) a partner to write a role play script together. Pass out *Role Play C.O.N.F.L.I.C.T.T.S” Graphic Organizer* *handout*. Using this organizer, students will recreate and script a common conflict they see at school or that may have happened to them. Be sure to emphasize that examples and a solution from the *C.O.N.F.L.I.C.T.T.S” Graphic Organizer* are utilized in the script.
 - Option: Print out *Conflict Resolution Scenarios* for students to choose from.
 - Once students have written their script the instructor will review script before students can act it out. Set time limits on scenarios based on instructor’s needs for the lesson.

Step 5:

- Students perform role play scripts for the class.

Assessments, References, & Sources

- Role Play “C.O.N.F.I.C.T.T.S” Graphic Organizer *handout*

Sources:

- Benes, S., & Alperin, H. (2016). *The essentials of teaching health education: Curriculum, instruction, and assessment*.
- [Conflict Resolution Skill Steps](#) (2018). Kimberly Ohara [YouTube]. Retrieved from <https://www.youtube.com/watch?v=0MTba42Y82w&rel=0>
- [Human Options: An Example of a Healthy Relationship](#) (2012). Human Options. [YouTube] <https://www.youtube.com/watch?v=csaDxtiZe7A>

Role Play “C.O.N.F.L.I.C.T.T.S” Graphic Organizer

Directions:

In pairs, you will write and role play a common conflict scenario using “C.O.N.F.L.I.C.T.T.S” below.

1. Write your scenario here.

2. Decide who will play each role.

Role #1 (Name):

Played by:

Role #2 (Name):

Played by:

3. Write the script starting here remember to follow the Conflict Resolution Skill Steps: C.O.N.F.L.I.C.T.T.S handout . Decide who will start the conversation.

Name _____ : “

_____ : “

_____ : “

_____ : “

_____ : “

_____ : “

_____ : “

_____ : “

_____ : “

Continue on back or lined paper.

Conflict Resolution Scenarios

Friends:

Olivia and Isabella are best friends. Olivia keeps posting pictures of Isabella on social media without her permission. Isabella wants to talk it out with Olivia.

Friends:

Noah and Mark have been friends for a long time. Just recently, Noah started making fun of Mark's weight. Mark has decided he is over hearing it.

Friends:

Liam just made the varsity baseball team and his friend Mason just got cut. To make things worse Liam started rumors about Mason. Mason wants to call Liam out on the rumors spread.

Family:

Lola and Ava share a computer. Ava is constantly playing video games when their parents are at work. Lola needs the computer after school to do her homework.

Family:

Rachel and her mom have been fighting over her cell phone usage. Rachel's mom is ready to cancel her plan. Rachel wants to talk to her mom in hopes of keeping her cell plan.

Friends:

Taylor, Katie and Tiffany are all friends. Taylor and Katie have been fighting lately and putting Tiffany in the middle of their drama. Tiffany wants to address the drama so they can all get along.

Conflict Resolution Skill Steps:

C.O.N.F.L.I.C.T.T.S

Calm attitude, manage stress

Open to opposing views

Never make assumptions about what the other person (party) is thinking or feeling

Focus on action, not the person

Look for other options

“I”-Statements

Compromise
(negotiate a solution)

Teamwork
(make the decision together)

Setting
(identify a good place to work through the issues)