Internal Conflict

- **Conflict with Yourself** Even simple decisions can create internal conflict. For this reason, it is very important to develop skills for making the right decisions as well as skills for solving conflicts.
External Conflict

- **Conflict with Others** Conflict that happens with another person or group of people is called external conflict. Most external conflicts can be solved with healthy, open, honest communication.
Bellringer

Make a table with two columns. In the first column, list body language that indicates that you are listening to what someone else is saying. In the second column, list body language that indicates that you are not listening to a person’s comments.
Objectives

- **Explain** why the way that a person communicates in a conflict is important.
- **Describe** strategies for resolving conflicts.
- **Describe** why it is sometimes important to avoid conflict.
Start Off Write

How can communication affect the outcome of a conflict?
Communicating During Conflicts

- **Communication Tips** To solve a conflict in a positive way, follow these tips:
  1. Speak calmly and respectfully.
  2. Be clear about your point.
  3. Be aware of your body language.
## Communicating During a Conflict

<table>
<thead>
<tr>
<th>Listen</th>
<th>Relax</th>
<th>Speak calmly and clearly</th>
<th>Don’t lose your temper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practice effective listening. Make sure you understand the other person’s position.</td>
<td>Remain calm and relaxed. Breathe evenly.</td>
<td>Express yourself clearly. Avoid yelling or using hurtful language.</td>
<td>Keep your anger under control.</td>
</tr>
</tbody>
</table>
Resolving Conflicts

- Conflict resolution is the process of finding a solution to a conflict with which everybody involved in the conflict agrees. The ways in which a conflict can end are shown on the next slide.
A conflict can end in several different ways. These ways include win-win situations, win-lose situations, and lose-lose situations.
Empathy

- **What Is Empathy?** Empathy is the ability to understand or identify with the ideas or feelings of another person or group. Understanding why the other person or people feel a certain way can make it much easier to resolve a conflict.
Negotiation

- **What Is Negotiation?** Negotiation is a discussion to reach a solution to a conflict. Negotiation usually requires both sides to be willing to make sacrifices to reach a solution. If negotiation is used properly, it can solve conflicts positively and often quickly.
Compromise and Collaboration

- **What Is Compromise?** Compromise is a solution in which each person gives up something to reach a solution that pleases everyone.

- **What Is Collaboration?** Collaboration is a solution to a conflict in which neither side has to give up anything to reach a solution that pleases everyone.
Walking Away

• **Pick Your Battles** A final strategy for dealing with conflict is simply walking away from conflict. Sometimes you have to decide whether it is worth your time and energy to be in certain conflicts.
Anger at Events

- Many events in your life may cause you to become angry.
- It often helps if you try to find a way to make something positive out of a negative situation.
- Knowing how to handle your anger at negative events will make you much happier.
Anger with Others

- If you become angry as a result of somebody’s behavior, you should tell that person that his or her behavior is upsetting to you. Then you can work together to solve the problem.
Take a Look at Yourself

- Sometimes, your behavior might cause someone else to feel angry. For this reason, you should always look at your own behavior to make sure that it is not upsetting the people around you.
Anger Turned Inward

• **Being Angry with Yourself** It is easy to see how you can become angry at events or angry with others. However, you may not realize that sometimes you can become angry with yourself.

• **Why Be Angry with Yourself?** Have you ever failed a test or lost a game? Afterward, you may have felt angry because you knew that you could have done better.
Forgiving Yourself

- **Analyze Your Mistakes** When you are angry with yourself over a mistake you have made, you may want to look at why the mistake happened.

- **Learning from Mistakes** You can make plans for how to avoid making the same mistake next time. That way, a mistake turns into a positive learning experience.
Bellringer

At the top of your paper, write the phrase *Anger is*. Use the rest of the page to show what anger means to you. You may draw pictures, write paragraphs, or write metaphors.
Objectives

• **Describe** how anger can lead to violence.

• **Describe** the signs that violence is about to happen.

• **Describe** how anger can affect relationships.
Start Off Write

What could happen if you don’t manage your anger well?
Anger and Relationships

• **The Importance of Anger Management** If you manage your anger well, your relationships can improve. If you do not manage your anger, it can damage or ruin your relationships.
Anger and Violence

- **What Is Violence?** Violence is using physical force to hurt someone or to cause damage.

- **Anger May Lead to Violence** Eventually, anger can spill over into violence. It is important to be aware of your own feelings so you can address anger and the emotions that cause it before violence occurs.
Predicting Violence

• **Signs of Violence** The following signs can tell you that violence might occur.
  1. Yelling or profanity
  2. Threatening gestures and language
  3. Body language showing anger
Lesson 4 Managing Anger

The Anger Cup

Fear
Frustration
Anxiety
Anger
Violence

Chapter 6
Calling a Truce

- **What Is a Truce?** Calling a truce means taking a break from the conflict to let things cool down.

- **Why a Truce Helps** When you call a truce with somebody, you aren’t simply walking away from the conflict. The conflict will still need to be resolved. But resolving the conflict will be easier when both sides have had a chance to calm down.
Going Too Far

- **Ruining Relationships** If anger is not managed but is allowed to continue, it can ruin relationships permanently.

- **Other Consequences** Other consequences of anger might include getting grounded, losing privileges, or being disciplined at school.
Preventing Violence

- **Report Threats** By being aware of clues that violence might happen and by taking the proper steps to report threats or to get away from potentially violent situations, you can help prevent violence.
The Way You Express Anger Is Important

• **Expressing Yourself** If anger is expressed in an unhealthy way it can make others angry and can force a conflict to end negatively. If anger is expressed in a healthy way, the conflict may end in a positive way.
The way in which anger is expressed can determine how a conflict ends.

Steven cuts in front of Joel in the cafeteria line.

Joel tells Steven that he thinks that it was rude to cut in line, and that Steven should go to the back of the line.

Steven goes to the back of the line.

Joel gets angry and pushes Steven.

Joel and Steven both end up in the principal’s office.
Healthy Expression of Anger

• **Verbal Communication** You should be careful to use your words in a calm way to tell the other person why you are angry. Do not use threatening or aggressive language.

• **Body Language** Keep a little bit of distance from the other person in a conflict. Also be careful not to clench your fist or make any other threatening movements.
Watch Your Words

- **Stay Calm** The way that you express your anger will often determine how the other person in a conflict expresses his or her anger. When you are calm and express your anger in a healthy way, getting what you need out of a conflict is much easier.
Unhealthy Expression of Anger

- **Avoid These Expressions of Anger** The following behaviors are unhealthy ways to express your anger:
  1. Raising your voice
  2. Using threatening language
  3. Using threatening gestures
  4. Invading someone’s personal space
  5. Using violence
Lesson 5 Expressing Anger

Being loud or aggressive is not appropriate in most social situations. This is especially true when you are angry or in a conflict.

**Myth**: People will listen or understand you better if you speak loudly or aggressively.

**Fact**: Loud and aggressive speech may result in others becoming defensive, which means they are less likely to understand or appreciate your position.
Staying Cool

- These are things that you can do to make yourself less likely to express your anger in an unhealthy way:
  1. Get enough rest.
  2. Eat healthy foods.
  4. Avoid eating too many sugary foods.
Everybody Has Stress

- **What Is Stress?** Stress is the combination of a new or possibly threatening situation and your body’s natural response to it.

- **What Are the Effects of Stress?** If it is managed properly, stress can be something that drives you to succeed and grow. If it is managed poorly, stress can cause serious physical, mental, or emotional problems.
What Is Negative Stress?

- **Negative Stress** Negative stress is stress that results in problems in your life. Sometimes, negative stress is the result of a negative situation, such as an illness or injury.
The Signs of Negative Stress

- If you have too much stress, you may experience the following health problems:
  1. stomachaches
  2. headaches
  3. hair loss
  4. nervousness
  5. restlessness
  6. sadness
By recognizing the signs of negative stress in your life, you will know when you need help.

**Myth:** Health problems caused by stress aren't serious.

**Fact:** The way you respond to stress can cause many serious and lifelong problems, such as high blood pressure and heart problems.
What Is Positive Stress?

• **Positive Stress** Positive stress is stress that pushes you to do better or to grow. If you’ve ever been in a contest or a sporting event, you’ve probably experienced positive stress.
Recognizing Positive Stress

- **Why Be Aware of Positive Stress?** Although positive stress can be a very good thing in your life, positive stress can have negative effects if there is too much of it in your life.
Lesson 6 What Is Stress?

STRESS TEST

For each of the following statements, record how often you have experienced that situation. 1=Never; 2=Almost Never; 3=Sometimes; 4=Often; 5=Very often or always (DO NOT WRITE IN BOOK)

1. feeling angry or frustrated
2. feeling lonely
3. feeling pressure to perform well at school
4. feeling pressure to perform well in sports
5. feeling behind in schoolwork
6. fighting with friends
7. fighting with parents or caretakers
8. worrying
9. losing your temper
10. suffering headaches
11. feeling tired
12. experiencing stomach pain

For the following list of events, check off every event that has happened to you in the last 12 months. Then, record the number of points next to each event that has happened to you. (DO NOT WRITE IN BOOK)

1. starting at a new school (6)
2. failing a class or an important exam (3)
3. parents divorcing (10)
4. joining a sports team (2)
5. losing at an important competition (3)
6. death of a close friend or relative (8)
7. large increase in number of arguments with friends or family members (5)
8. birth of new brother or sister (5)
9. serious injury or illness (6)
10. moving to a new town or city (7)
11. being teased or bullied regularly (5)

Now add up your score, and measure your results against the following scale:

12–40 Low to moderate stress: You are experiencing little stress in your life. It is good that you are not dealing with a lot of negative stress. Be sure that you are not missing out on activities that can cause positive stress.

41–90 Average stress: You are experiencing an average amount of stress. Look at your answers for this test. Where did most of your points come from? Keep an eye on these sources of stress, and be sure that they do not start causing too much negative stress in your life.

91–120 Stressed out!: You have too much stress in your life. Talk to a parent or trusted adult about the results of this test, and see what you can do to reduce the level of stress in your life. Do this before the stress causes you many serious problems.
Stressful Emotions

• **Deal with Your Emotions** It is very important to deal with stressful emotions before they become a problem. Stressful emotions are perfectly normal, but if they are not addressed, they can lead to serious physical and mental problems.
### Common Teen Stressors

<table>
<thead>
<tr>
<th>Common stressors</th>
<th>Possible emotions caused by stress</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Schoolwork</strong></td>
<td>fear of failing, anger at doing poorly, pride at doing well, and frustration at amount or difficulty of work</td>
</tr>
<tr>
<td><strong>Relationships with friends</strong></td>
<td>affection toward friends, fear of upsetting friends, anger or frustration caused by fighting with friends, and jealousy caused by friends’ relationships with others</td>
</tr>
<tr>
<td><strong>Relationships with family members</strong></td>
<td>frustration or anger at having to follow rules, and anger or jealousy caused by arguing or competing with siblings</td>
</tr>
<tr>
<td><strong>Competing on a sports or academic team</strong></td>
<td>fear of performing poorly, frustration at performing poorly, and pride at performing well</td>
</tr>
</tbody>
</table>
What Causes Stressful Emotions?

• **The Source of Stress** Stressful emotions can be the result of several things, including:
  1. a disagreement
  2. expectations of you from others
  3. death of a loved one
  4. moving
  5. competing in sports
Preventing Stressful Situations

A good way to deal with stress is to avoid it. Avoiding distress requires thinking ahead and doing some planning. You can avoid distress by:
1. planning ahead for events that may cause stress
2. building up your confidence
3. getting plenty of exercise and sleep
Talk About It

- **Share Your Feelings** Sharing your feelings can reduce or even get rid of your stress. As soon as you talk to somebody about your problems, the problems may suddenly seem not as bad.

- **Who Can You Talk To?** You might choose to talk to your parents, your siblings, or other trusted friends or adults.
Try this *Life Skills Activity* to see how much you’ve learned about managing stress.

**MAKING GOOD DECISIONS**

Imagine that you are on a sports or academic team. You really enjoy the team, but lately, the team’s coach has been putting a lot of pressure on you to improve. The extra practice time is taking away from your studies. You realize that being on this team is causing a lot of stress in your life. What do you do?
Reducing Stress Through Physical Activity

• **Get Some Exercise!** After physical activity, your body and your mind will be refreshed. As a result, you will cope better with the problems that are causing your stress.
Be Creative!

• **Take Up a Hobby** When looking for ways to reduce stress in your life, you should rely on your creative side as well as on your physical abilities. For example, you could:
  1. Keep a journal.
  2. Paint a picture.
  4. Write poetry.
  5. Do a crossword puzzle.