

# Handling Conflicts With Friends

Handling conflicts with friends teaches learners how to reach resolutions in a step-by-step process. When learners take time to step back from their emotions, they can consider others' feelings and perspectives before making sound decisions. To handle conflicts with friends, use the problem-solving steps:



**1** Identify the problem or the cause of the conflict.



**2** Determine how big the problem is — do you need help to solve this or can you handle it yourself?



**3** Come up with at least two solutions.



**4** Pick the best solution to try.



**5** Assess if the problem or conflict is solved. (If not, try another solution or ask an adult for help!)