



Conflict Resolution Guide for Teens

Because drama happens—but peace is a skill

Why Conflict Happens

Conflict is a normal part of growing up. It shows up in friendships, family, school, and online. It's not about avoiding disagreements—it's about learning how to handle them with respect, clarity, and emotional maturity.

What Healthy Conflict Looks Like

- Listening to understand, not just to respond
- Expressing feelings without blaming
- Finding solutions that work for both sides
- Knowing when to pause and cool down
- Owning your part and apologizing when needed

Conflict Resolution Steps

1. Pause First

- Take a breath. Step away if needed.
- Ask yourself: "Am I ready to talk calmly?"
- If not, take a break and come back later.

2. Use "I" Statements

- "I feel ___ when ___ because ___."
- Example: "I feel hurt when you ignore my texts because it makes me feel unimportant."

3. Listen Actively

- Let the other person speak without interrupting
- Repeat back what you heard: "So you're saying..."
- Ask questions to clarify, not accuse

4. 🧩 Find Common Ground

- What do you both want? (Peace, fairness, understanding?)
- Brainstorm solutions together
- Be willing to compromise

5. 🛠️ Repair & Reflect

- Apologize if needed—genuinely
- Ask: “What can we do differently next time?”
- Let it go once it’s resolved—don’t keep score

💡 Tips for Tough Situations

- If someone won’t listen, protect your peace and walk away
- If emotions are high, use a calm-down strategy first
- If it’s serious (bullying, threats, harm), get help from a trusted adult
- Not every conflict needs a full resolution—sometimes space is the answer

🎨 Printable Ideas to Pair With This Guide

- “Conflict Decoder” worksheet: What happened, how I felt, what I can try
- “Peace Pact” scroll for friendships or siblings
- “Apology Builder” card: How to say sorry with heart
- “Cool Down Menu” with calming strategies
- “I Feel / I Need” communication cards

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