Lesson 1: The Dynamics of Conflict
Define conflict; examine the positive and negative aspects of conflict; distinguish the four different types of conflict; discuss the causes of conflict.

Lesson 2: The Conflict Loop
Use techniques to voice differing opinions in ways that do not challenge or threaten others; identify the major elements of the conflict loop; differentiate between positive and negative conflict loops; break a negative conflict loop.

Lesson 3: Approaches to Conflict
Identify the three general approaches to conflict (avoidance, confrontation, problem solving); examine students’ use of avoidance and confrontation; develop an awareness of individual styles in conflict situations.

Lesson 4: Problem Solving
Reasons why compromising is an important social skill; problem solving as a “win-win” process for resolving conflicts; compare avoidance and confrontation to problem solving.

Lesson 5: A Process for Problem Solving
Identify the visual and aural elements of the social skill Remaining Calm Under Pressure; understand the steps of the problem-solving process.

Lesson 6: Understanding Our Emotions
Identify emotions through verbal and non-verbal clues; recognize ways in which emotions impact and manage conflict.

Lesson 7: What Makes Us Angry
Identify things that make us angry; recognize students’ “triggers” and how these thoughts influence feelings; learn about responses to anger and the consequences of behavior.

Lesson 8: Strategies for Controlling Anger
Create a set of alternate positive self-talk statements to reduce anger in specific situations; practice relaxation through counting and breathing.

Lesson 9: Active Listening and I-Messages
Students will determine how effective they are as listeners; identify responses that are helpful and not helpful; explain the meaning of I-messages; practice listening skills; facilitate I-messages and responses that improve communication skills.

Lesson 10: Coping With Being Left Out
Identify situations when it is okay to be left out; appropriate coping behaviors to feeling left out.

Lesson 11: Resisting Peer Pressure
Examine the positive and negative aspects of peer pressure; identify the consequences of resisting peer pressure; learn and model strategies for staying out of trouble with peers.

Lesson 12: Dealing with Disrespect
Learn skills to react in a positive manner to people who disagree with them and disrespect them, while maintaining an acceptable level of self-respect; analyze situations in which disrespectful behavior and situations that could lead to fighting can be dealt with in a non-violent manner.

Lesson 13: Dealing with Authority
Understand and explain the differences between discipline and punishment; share situations that have involved discipline and punishment; respond to a situation in which an employee is treated (punished) unfairly.