

## ***Step-by-Step Conflict Resolution***

1. Remain calm
2. Discuss the ground rules with the other person.
3. Describe the conflict.
4. Brainstorm a list of possible solutions.
5. Evaluate each possible solution before agreeing to one.  
Will the solution lead to actions that
  - are healthful?
  - are safe?
  - are legal?
  - show respect for yourself and others?
  - follow the guidelines of responsible adults, such as your parents or guardian?
  - demonstrate good character?
6. Agree on a solution.
7. Ask a trusted adult for help if you cannot agree on a solution.