

Article #43

The 40 Developmental Assets were assessed in June 2005 using the survey *Me and My World*. Of the children surveyed in our community, 57% report that they experience the asset *Peaceful conflict resolution*.

Asset #36: Peaceful conflict resolution—Young person seeks to resolve conflict nonviolently.

Consider this . . .

Peaceful resolutions are not always easy. In fact, they are often the most difficult. Thus, it is critical that in times of peace young people have opportunities to develop the skills and commitments they need to deal with conflicts in nonviolent, nonthreatening ways.

Try this . . .

Adults:

- Let young people know that conflicts and disagreements are normal. They cannot be entirely avoided. However, people can learn to deal with conflict in healthy, productive ways.
- Teach young people how to voice their opinions and disagreements respectfully.
- Find nonviolent ways to resolve your own conflicts.
- Limit young people's exposure to violent entertainment (such as movies, video games, television).

Youth:

- Before responding to a conflict or disagreement, take a deep breath and try to imagine the situation from the other person's perspective. It may influence how you choose to act.
- Become a peer mediator. If there isn't a training program in your school or youth organization, talk to an adult about helping you start one.

- Make a pact with your friends never to use violent words or actions among yourselves or with anyone else.
- Make a list of alternatives to acting violently when you are angry (your list may include such things as walking away, counting to ten, or punching your pillow).

From *Get the Word Out: Communication Tools and Ideas for Asset Builders Everywhere*.
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