

EPKCE KS3 Session 2

Conflict Resolution and Staying Safe



- **Overview of the Session:** This session focuses on equipping students with conflict resolution skills while addressing the risks and pressures associated with social media. It challenges the myths surrounding knife carrying and empowers students to make safe and informed decisions.
- **Learning Objectives:**
 - Promote peaceful conflict resolution.
 - Develop critical thinking about social media influence.
 - Understand the misconceptions and consequences of carrying a weapon.
 - Identify strategies for managing online risks and peer pressure.
- **PSHE Programme of Study and Statements Links:**
 - H30. How to identify risk and manage personal safety in increasingly independent situations, including online
 - H31. Ways of assessing and reducing risk in relation to health, wellbeing and personal safety
 - R19. To develop conflict management skills and strategies to reconcile after disagreements
 - R47. Motivations, misconceptions and consequences of carrying weapons and strategies for managing pressure to carry a weapon
 - L27. To respond appropriately when things go wrong online, including confidently accessing support, reporting to authorities and platforms
- **Assumed Prior Learning:**
 - Understanding of peer pressure and social dynamics.
 - Awareness of online safety and digital responsibility.
- **Session Outline:**
 - **Activity:** Conflict Compass.
 - **Materials:** Compass template with directions: Talk it Out, Walk Away, Get Help, Compromise.
 - **Task:** Groups receive conflict scenarios and use the compass to decide the best resolution method.
 - **Outcome:** Practical tools for handling conflicts peacefully.
 - **Social Media Discussion**
 - **Task:** Discuss the influence of social media (Snapchat), the rights of children, and safe online behaviour.
 - **Activity:** Students create a digital 'Do's and Don'ts' guide for social media use.
 - **Outcome:** Increased awareness of online risks and responsible digital engagement.
 - **Empowerment Exercise:** 'My Safe Choice' pledge.
 - **Task:** Each student writes and shares one choice they will make to stay safe and help others stay safe.
 - **Outcome:** Reinforces personal responsibility and commitment to positive decision-making.

- **Session Plan Breakdown**

Time	Activity	Linked Resource
10 mins	Introduction: <ul style="list-style-type: none"> • Icebreaker: Ask students - What does 'conflict resolution' mean to you? • Ask students how social media can escalate conflicts. • Brief discussion of safe online behaviour. 	<ul style="list-style-type: none"> • Possible definitions of conflict resolution. • Possible responses of how social media can escalate conflicts. • List of practices for being safe online.
25 mins	Conflict Compass activity <ul style="list-style-type: none"> • Students receive conflict scenarios and collectively discuss the best resolution using the conflict compass. • Discussion collectively why they choose the direction of the compass for each scenario. Reminding students of community agreements when sharing with the group. 	<ul style="list-style-type: none"> • Scenarios. • Conflict compass with directions. • Possible community agreements.
15 mins	Empowerment Exercise <ul style="list-style-type: none"> • Provide students with a "My Safe Choice" pledge sheet. • Have each student write one choice they will make to stay safe and help others stay safe. • Ask students to share if they feel comfortable doing so. 	<ul style="list-style-type: none"> • Printable "My Safe Choice" pledge sheet.
10 mins	Wrap Up Reflection <ul style="list-style-type: none"> • Group reflection: what is something new you learned about conflict resolution? • Invite students to share one thing they will do differently when faced with conflict. • Reinforces personal responsibility and commitment to positive decision-making. 	

- **Include Alternative Activities:**

- Practising Responses: Have students practice possible responses to conflicts in pairs and work on de-escalating techniques.
- Conflict Mapping Exercise: Students draw a 'conflict map' illustrating a disagreement and possible peaceful resolutions to connect actions and consequences visually.

- **Include Baseline and Plenary:**

- Baseline: Start with a short discussion: Have you ever experienced or witnessed a conflict online or in person? How was it handled?
- Plenary: Students share one key takeaway about conflict resolution or social media safety and how they will apply it in real life.

- **Resources and Images:**

- Possible definition of conflict resolution.
- Possible responses of how social media can escalate conflicts.
- List of practices for being safe online.
- Scenario.
- Conflict compass with directions.
- Possible community agreements.
- Printable “My Safe Choice” pledge sheet.

Definition of conflict resolution:

- Conflict Resolution is *“the process of finding a peaceful resolution to a disagreement or situation.”* (North Central College, 2022)

Possible responses from students to the definition of conflict resolution:

- Finding a peaceful way to solve a disagreement.
- Talking through a problem to understand both sides.
- Coming to a fair solution that works for everyone.
- Choosing a way to fix a conflict without making it worse.
- Finding a solution that stops harm or tension from growing.

Possible response of how social media can escalate conflict:

- People misunderstand tone in messages, making things worse.
- Arguments become public when shared online.
- Friends take sides and add to the drama.
- Posts and comments can be taken out of context.
- People say things online they wouldn't say in person.
- Screenshots keep conflicts going long after they started.
- Public shaming or 'calling out' makes problems bigger.
- Peer pressure can make people feel forced to respond.
- Fake accounts or anonymous messages can spread false information.

Practices for being safe online:

*The Teacher may want to write these up for students to see during the discussion.

- Think before you post – If a comment could be hurtful or misunderstood, don't post it.
- Pause before responding – Don't reply in anger—take a moment to cool down.
- Avoid public arguments – If you have an issue, handle it privately.
- Don't share personal information – Keep your accounts and conversations secure.
- Use privacy settings – Limit who can see and comment on your posts.
- Don't spread rumours – Fact-check before sharing or reacting.
- Block and report harassment – If someone is being aggressive, don't engage—block them instead.
- Be mindful of screenshots – Anything online can be saved and shared, even private messages.
- Ask for help if needed – If an online situation is making you uncomfortable, talk to a trusted adult.

Scenarios:

1. A disagreement between two friends escalates into an argument.

- **Best Compass Direction:** Talk it Out
- **Response:**
 - Stay calm and listen to each other's points of view.
 - Use “I” statements (e.g., “I feel upset when...”) rather than blaming.
 - If the argument continues, take a break and return to the conversation later.
- **Strategy:** If unable to resolve, seek a trusted mediator (teacher, friend, or peer mentor) to help facilitate a conversation.

2. Someone spreads a false rumour about you on social media.

- **Best Compass Direction:** Get Help
- **Response:**
 - Avoid reacting emotionally online.
 - Instead, talk to a trusted friend, teacher, or parent about how to address the situation.
 - Consider reporting the post if it violates community guidelines.
- **Strategy:** Speak to the person directly if it is safe to do so, asking them to stop. If the rumour is harmful, seek school support or report it to the platform.

3. A friend is pressuring you to join a group you're unsure about.

- **Best Compass Direction:** Walk Away
- **Response:**
 - Politely but firmly say no, and give a reason if comfortable (e.g., “That’s not something I want to be part of.”).
 - If needed, remove yourself from the situation physically.
- **Strategy:** Talk to a trusted adult about your concerns if feeling pressured continues. Surround yourself with positive influences who respect your choices.

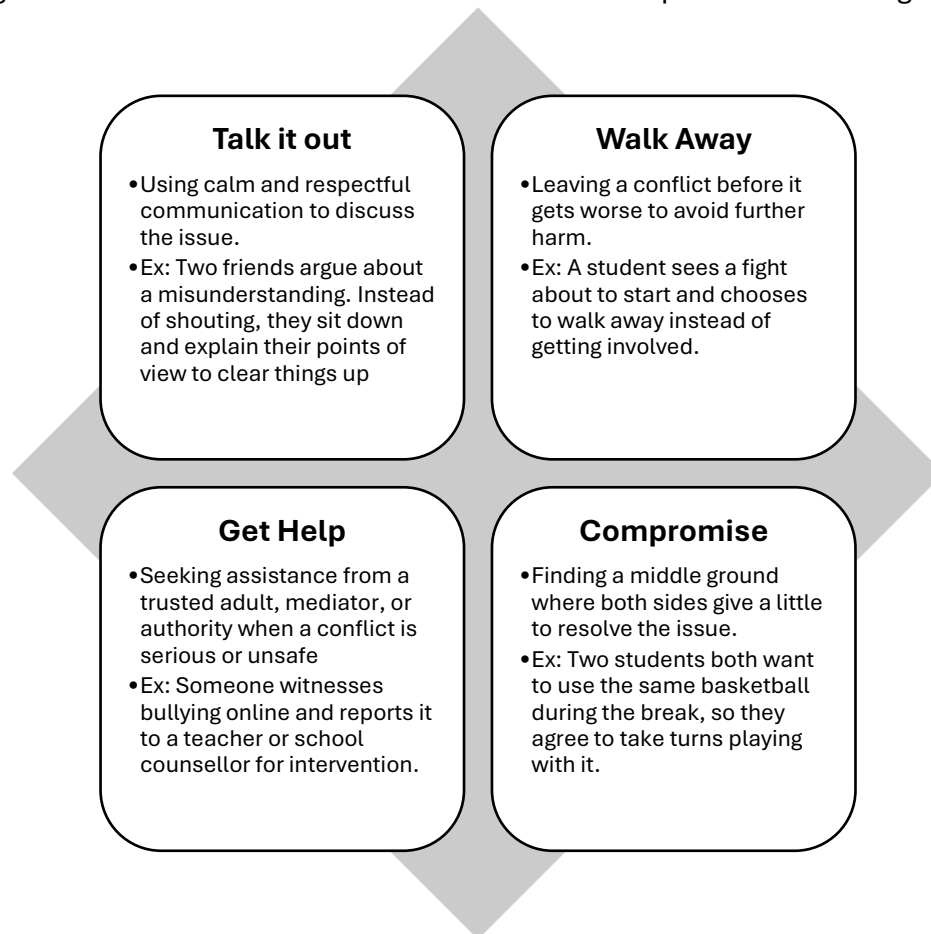
4. You witness a heated argument between two people, and it looks like it could turn violent with mentions of possible knife violence.

- **Best Compass Direction:** Get Help

- **Response:**
 - Do not intervene physically but seek immediate help from a teacher, security, or another trusted adult.
 - If safe, encourage them to calm down by reminding them of the consequences.
- **Strategy:** If in a public place, alert a responsible authority (school staff, bus driver, shopkeeper) to defuse the situation. Do not record or share videos online, as this can escalate conflict.

Conflict Compass

*The Teacher can give these out to each student or create a visual compass for the entire group.



Possible Community Agreements for Group Discussion:

* The teacher may want to write these up for students to see during the discussion

Respect: Everyone's opinions and experiences are valued.

Listen Actively: Let's hear each other out without interrupting.

Be Kind: Treat others how you want to be treated.

No Judgment: We all come from different experiences, and we're here to learn.

Speak Up for Safety: If something doesn't feel right, talk to a trusted adult.

Confidentiality: What is shared in discussion stays in discussion (unless it concerns safety).

"My Safe Choice" Pledge Sheet

My Safe Choice Pledge

I _____ (name) pledge to make the following choices to ensure I stay safe
and help others stay safe:

Sign: _____

Date:
