

No Fighting

The song *No Fighting* was written to tell real life experiences about conflict between people.

Telling stories through songs can be a way to work out solutions to family and community problems.

- 1** Conflict is a normal part of everyday life, but too much conflict can lead to stress and unhealthy feelings.

Give an example for each of these sources of conflict.










Bullying

Family

Friends

- 2** Sometimes when there is a lot of conflict around us, we become stressed and start to think in negative ways about ourselves.

Write positive statements in the boxes below to turn the negative self-talk into positive self-talk.

It's my fault that my parents are fighting!	This fighting will never stop!	There's no use trying to make it up to my friends, they hate me anyway!
		
		
		

3 When you are growing up, there can be a lot of conflict with your parents. Being able to negotiate a compromise with your parents will allow everyone to feel good about the situation.

Remember when you are negotiating with your parents, it is necessary to:

- listen to their point of view and their needs
- state your needs and views clearly without getting upset or aggressive
- be prepared to compromise.

■ **Think of a time when you had a fight with your parents. Identify the issue.**

■ **Identify your needs or concerns.**

■ **Identify your parents' needs or concerns.**

- Identify what you could do to compromise.

- Identify what your parents could do to compromise.

- Explain why negotiation is an important skill to learn.

