

R.O.C.K. the RESPECT

**“Conflict is a
normal part of life.**

**We all have
occasional con-
flicts, even with
people we love, but
we shouldn't let lit-
tle conflicts turn
into big fights, es-
pecially violent
ones.”**

Additional references and
information is available at
the following website:



www.disputeresolution.ohio.gov/

**George Fischer
Middle School**

**Helpful Information and
Tips for Parents to Help
Kids Resolve Conflicts**

**R.O.C.K. the
Respect
Campaign**

**EMPOWERING
POSITIVE
CONFLICT
RESOLUTION**

PREVENTION

Here are some rules for keeping conflicts from getting out of control.

- Tell the other person what's bothering you without anger.
- Actively listen to the other person.
- Try to understand how the other person is feeling.
- Use respectful language and respect personal space.
- If the conversation gets heated, try writing down your thoughts.
- Look for a compromise. Agree to disagree.

