

YALI4YOUTH

Youth Conflict Resolution Community Activity Toolkit

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#YALI4Youth



U.S. DEPARTMENT *of* STATE



NETWORK

YALI4YOUTH

INTRODUCTION

No matter what you might think or feel about conflict, the fact is that at some point we will all face it. Learning how to manage and effectively resolve conflict is an important skill for all of us to develop. However, for youth, strong conflict-resolution skills are even more crucial. Throughout youth, young people face conflict often, and in some cases, they're faced with their very first conflicts. How youth react to these conflicts can have lasting effects on how they perceive themselves and the world around them.

In this YALI4Youth Toolkit, you will learn how to plan and facilitate a community activity focused on conflict resolution. In the following sections, you'll find two sample activities, which cover different types of conflict resolution. Read through all the instructions for each activity before choosing one, so you have a good idea of what is expected of you.

You should choose only one community activity at a time, but feel free to complete other activities after your first is completed! No matter what activity you choose, remember that it's up to you to serve as a positive, professional mentor for the youth in your community.

Additional Resource

The YALI Network Online Course, "[Developing, Mentoring and Supporting Youth Leadership](#)" provides strategies on how to mentor, guide, and provide professional skills training to youth. Be sure to complete the course before planning your YALI4Youth community activity.

BEFORE YOU BEGIN

For each community activity, keep these tips in mind:

- **Practice and prepare.** Before hosting your event, make sure to practice, practice, practice! You'll want to appear calm and confident when leading, so give yourself plenty of time to prepare and become comfortable with the materials.
- **Advertise your event.** Whether it's via social media, email, or word of mouth, you'll have to find a way to communicate when and where your event is happening.
- **Go virtual.** If you don't have the ability or desire to hold your activity in person, adapt your event to a virtual format! You can host any of the suggested activities that follow using a video-conferencing platform.
- **Don't charge for your event.** Please remember that you should never charge a fee for any YALI Network event, especially when it comes to youth events.
- **Have fun!** You've worked hard to put your activity together and you're helping the next generation grow into strong leaders. Enjoy your time together!

ACTIVITY ONE: EMOTIONAL INTELLIGENCE

Emotional intelligence is the ability to identify and manage one's own emotions as well as the emotions of others. During youth, emotions can be tumultuous. Youth may be more sensitive to others' comments, take criticism more seriously, or struggle to express their own feelings. You can help youth navigate conflict by working with them to improve their emotional intelligence through the activity below.

Suggested Audience:

You can lead this activity with a small or large group, either in person or over a video-conferencing platform. Participants do not need to have any prior experience or knowledge to participate.

Needed Materials:

- A way to project or share the YALI Network Video Vignette Series "[Emotional Intelligence](#)."
- Pencils and paper for each participant. (Can be provided by you or a required material for participants to bring themselves).

Introduction (5 Minutes)

- Take a few minutes to introduce yourself. Briefly share why you chose to organize this activity and why you think emotional intelligence is an important part of conflict resolution.
- Provide participants with a brief overview of the activity ahead.

Group Discussion (25 Minutes)

- Before starting with the activity, have all the participants reflect on a time when they experienced conflict.
- While reflecting, have them consider some of these questions:
 - What type of conflict happened?
 - How did you feel?
 - How did you respond?
 - Did your response match your feelings?
 - Did you communicate well?
 - How did the other party react?
 - How do you think they were feeling?
- Once each participant finishes writing down answers to the questions, have each person present the responses to the group.
- After everyone presents, have the group discuss these questions:
 - Are you comfortable with conflict? Why or why not?
 - What are you hoping to gain from this activity?

Activity (45 Minutes)

- As a group, watch the YALI Network Video Vignette Series "[Emotional Intelligence.](#)" If you're holding this activity virtually, share your screen with the participants.
- After watching the videos, invite participants to discuss these questions as a group:
 - Why is emotional intelligence an important skill to have?
 - When are the times during the day you feel yourself getting frustrated or overwhelmed and could use some of these skills?
 - What are some of the methods you can use to slow down and better reflect?
 - In the fourth video, Mensah spoke to the importance of gratitude in building your emotional intelligence. What are some of the things you are grateful for?
 - How can you apply these emotional intelligence skills to conflict situations?

Wrap-Up (5 Minutes)

- Thank participants for joining this activity and congratulate them on working together on their emotional intelligence skills.

ACTIVITY TWO: COMMUNITY PROJECT

Not every type of conflict that we face is a conflict with other people; often the conflict is with our socioeconomic environments and situations. This type of conflict can encompass a variety of things: home life, financial situations, cultural rules, or economic situations. For youth especially, realizing that these conflicts exist can be extremely frustrating. It's important to teach youth that instead of getting upset or giving up, they can still make a difference in their communities.

Suggested Audience:

This activity can be held with just one participant or with a small group of no more than 15 people. While this activity can be held virtually with participants from different countries or communities, it is more effective to meet in person with a group of participants from similar areas.

Materials

- Print out copies of the "[Setting and Achieving Goals](#)" Worksheet to distribute to each participant. If you don't have access to a printer, you can project the worksheet onto a screen if you're meeting in person or share your screen with participants if you're meeting virtually.

Introduction (5 Minutes)

- Take a few minutes to introduce yourself. Briefly share why you chose to organize this activity. If you feel comfortable, share a time where you were frustrated with your situation or environment and how you chose to overcome it.
- Provide participants with a brief overview of the activity ahead.

Activity (90 Minutes)

- Take some time at the beginning of the activity to remind participants that they can make a difference no matter their background. Affecting change in one's community doesn't have to require large amounts of money or training, just dedication and patience!
- Individually, have each participant think of a problem in their community or personal environment that bothers them. Write down the problem, as well as answers to the following questions. Allow 15 minutes for this section.
 - Why does this problem bother you?
 - What unique skills do you have that can help you resolve this problem?
 - Brainstorm two to three ways you can fix this problem.
- Once participants have finished, divide them up into small groups.
- In groups, participants should share what they've written down and discuss each problem together. Are there other suggestions for ways the problem can be solved? Do any participants share the same frustrations? Allow 20 minutes for this discussion.
- Once each group has discussed, distribute the copies of the "[Setting and Achieving Goals](#)" Worksheet.
- Within the same groups, participants should work together to fill out the worksheet for each participant's problem. As you explain this section to your audience, remind them of these points:
 - These solutions should be achievable and attainable.
 - These solutions do not necessarily have to fix every aspect of the problem right away. (Example: If your solution involves planting a large community garden, but you don't currently have the funds or ways to raise the funds – don't give up! Start by planting a small garden in your own backyard or maybe plant just one plant.
 - Major issues are solvable if you have patience and persistence, but today we are focusing on creating small, short-term solutions as well as big, long-term ones.
- Allow 30 minutes for this section of the activity.
- Finally, come back together as one large group and have a few volunteers share their problems, solutions, and plans with the group. Allow 15-20 minutes for this section.

Wrap-Up (10 Minutes)

Give participants a few minutes to review and reflect on the feedback they received on their presentation and heard on other presentations. Come together and discuss these questions:

- What did you learn today about resolving conflicts in your personal situations and environment?
- How will you work to overcome your situational conflicts today? Tomorrow? Next week?

Additional Resource:

If you and your participants share similar goals for community activities and want to organize a large community project together, consider using the [YALIServes Community Service Event Planning Toolkit](#). This toolkit is designed to help you plan a large community service event across several weeks.

CONCLUSION

Congratulations on organizing a community activity focused on youth conflict resolution! After your activity concludes, you can follow up with these participants or hold other activities with more youth. Visit yali.state.gov/youth for more resources on youth conflict resolution.