

# PEACE TALK

## 1. STOP

STOP WHAT YOU ARE DOING. LET GO OF THE THING YOU ARE FIGHTING OVER. BE QUIET.

## 2. CALM DOWN

CLOSE EYES. BREATHE MINDFULLY. OPEN EYES WHEN CALM. WHEN ALL EYES ARE OPEN WE ARE READY.

## 3. ATTITUDE CHECK

HUMILITY: DON'T ASSUME YOU ARE RIGHT.  
COMPASSION: CARE ABOUT EACH OTHER.  
PRACTICALITY: FOCUS ON SOLUTIONS.  
FLEXIBILITY: BE WILLING TO COMPROMISE.

## 4. KIND SPEAKING

YOUNGEST SPEAKS FIRST.  
BE HONEST. TELL THE WHOLE TRUTH  
USE A CALM CLEAR VOICE.  
DON'T ACCUSE. SAY "I FEEL" OR "IT SEEMS."  
CLEARLY EXPLAIN WHAT THE PROBLEM IS.  
MAKE A SUGGESTION TO FIX THE PROBLEM.

## 5. RESPECTFUL LISTENING

DON'T INTERRUPT.  
TRUST FIRST IN SPEAKERS HONESTY.  
TRY TO UNDERSTAND PERSON'S FEELINGS.  
FOCUS ON SOLUTIONS. NOT WHO IS TO BLAME.  
RESPOND TO THE PROBLEM NOT YOUR EGO.

## 6. AGREE ON A SOLUTION



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## RESOLVING CONFLICT