

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



PEACE TALK

RESOLVING CONFLICT