

## The ABCs of Peaceful Resolution

- **Be AWARE** of assumptions, feelings, conflict styles, anger triggers, and warning signs.
- **BREAK** away from the situation and give yourself time to think before acting.
- **CHOOSE** your actions carefully - consider the consequences.

## STARR: A Non-violent Approach to Conflict



- **Stop** - What are the signs I'm getting angry?
- **Think** - What can happen if I lose control?
- **Ask** - Why am I angry? Can I deal with this now?
- **Reduce** - What can I do to reduce my anger?
- **Reward** - Reward yourself for staying in control.

"I liked the class because of the various activities between the presenters and students!"

~ Student

## Who Can Benefit from Making Peace?

### Do you work with or know youth who struggle with these issues?

- Problems with friends that they don't know how to resolve without someone getting hurt
- Expressing opinions or desires without an underlying "attitude"
- Getting along with people who are different than they are
- Dealing with difficult feelings
- Working through tough issues with parents, teachers, or others without a "blow up"

## Other Programs of the Center for Community Peacemaking

- Victim-Offender Conferencing
- Circles of Support and Accountability (*Reducing Reoffending of Sexual Offenders*)
- Peacemaking Circles (*Resolving Conflict in Various Community Settings*)



CENTER FOR  
**Community Peacemaking**

*formerly LAVORP*

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## Making Peace

### Strategies in Conflict Resolution

*A training program for young people  
that develops their skills  
to transform conflict  
into healthy communication*

## Our Mission

To foster peacemaking and the resolution of conflict through the teaching and implementation of Restorative Justice values and principles.

**BUILDING COMMUNITY...  
PEACE BY PEACE**

# Making Peace Transforms Conflict

**Y**outh regularly face conflicts at home, at school, and everywhere in between. Conflict is a natural part of life but it can become negative and disruptive. In school, conflicts can affect a student's ability to be successful. Elsewhere, conflict can lead to shattered relationships and broken trust.

**Making Peace is a training program** for young people that develops their skills to transform conflict into healthy communication.

## Making Peace addresses the following areas: Conflict:

- Defining what it is and what causes it
- Understanding different styles for addressing conflict
- Choosing the best style for each situation

## Communication:

- Expressing feelings appropriately
- Dealing with anger effectively
- Listening attentively to others
- Communicating your own needs and feelings
- Overcoming communication blocks

## Cooperation:

- Respecting differences
- Finding common ground
- Solving problems peacefully

## CLASS OPPORTUNITIES

Making Peace provides these training opportunities.

### Saturday Morning Session

- Youth are referred on an individual basis to this class.
- Sessions are held on the second Saturday of each month, and run from 8:30 AM to 1:00 PM.
- Each youth attends one 4 1/2 hour session. Parent or guardian participation is highly recommended and preferred.
- The Parent/Guardian session runs from 10:30 AM to 1:00 PM.
- The last half hour of the program is a combined youth/parent/guardian session.
- Fee is \$50.00 per student.
- Referral forms are available on the web, or contact the CCP office at 397-2404 or send an e-mail to [makingpeace@ccp.org](mailto:makingpeace@ccp.org).

### On-Site Session

- Trainers will bring the curriculum to your facility in a format and schedule customized to your needs.
- Fee for bringing the program on-site is \$300-\$450 for classes of six to twelve students.
- Contact Melanie G. Snyder, program manager, at (717) 361-2722 to schedule an on-site session.

“The class was so helpful to both my daughter and me. It has completely changed the way we communicate with each other.”

~ Parent and Student

## The Role of Parents and Guardians

Parents and guardians play an important role in helping youth to use the skills they learn in:

### Making Peace

The Saturday program offers a separate session for the parents/guardians of the students to understand what their children are learning.

This interactive session also gives parents and guardians an opportunity to share ideas with other adults who are facing difficult parenting challenges and to draw on the experience of the trainers to deal with conflict situations. This session concludes with a joint meeting of the youth and their parents.

Parent/guardian sessions can also be offered in conjunction with on-site training sessions, if desired.

**T**oo many of our young people are caught up in conflicts every day that they do not know how to manage — teasing, jealousy, and physical aggression. Juvenile delinquency and violence are symptoms of youth's inability to manage conflict in their lives. Teaching youth how to manage conflict in a productive way can help reduce incidents of violent behavior.

~ U.S. Department of Education