



Training for Parents  
IO2 – Lesson Plan.  
Module 2.1 Conflict  
Management and  
Resolution in Families



**EMPOWER**  
Building Resilience to Address Domestic Violence



Module Title: Module 2.1 Conflict Management and Resolution in Families			
Description of the Learning Activities	Timing (minutes)	Materials/ Equipment Required	Assessment/ Evaluation
<p><u>Workshop Opening:</u></p> <ul style="list-style-type: none"><li>The facilitator will welcome the parents to the session and invite them to discuss how they manage conflict in their household at present.</li></ul> <p><u>Activity 1: What is the emotion?</u></p> <ul style="list-style-type: none"><li>Participants will break up into teams of 3-4 people and will identify the emotions from the image on slide 3.</li><li>Participants will identify and discuss examples of scenarios in their homes that cause members of the household to react in the same way as the person in the image.</li><li>Based on their discussions, parents will create and act out a 2–3-minute role-play scenario about how their household currently manages conflict.</li><li>Parents will collectively discuss their strategies amongst one another.</li></ul>	<p><u>15 minutes</u></p> <p><u>45 minutes</u></p>	<p>Training venue with IT equipment</p> <p>Flipchart and markers</p> <p>Sign-in sheet</p> <p>Pens and note-taking materials for participants</p>	<p>Parents will engage in all group activities</p> <p>Participants will be able to associate emotions that are associated with conflict.</p>
<p><u>Activity 2: Conflict Triggers</u></p>	<p><u>45 minutes</u></p>	<p>Training venue with IT equipment</p>	<p>Parents will engage in all group activities</p>



<ul style="list-style-type: none"><li>• Participants will identify and discuss a range of conflict triggers that their household faces on a daily basis. Answers provided will be written to the flipchart provided.</li><li>• Using Activity Sheet 1, parents will be invited to examine common examples of how they felt.</li><li>• They will identify and describe 5 of these emotions and discuss the conflict that arose from these scenarios.</li></ul>		<p>Flipchart and markers</p> <p>Pens and note-taking materials for participants</p> <p>Module 2.1 Activity Sheet.</p>	<p>Parents will be able to identify conflict triggers in their family.</p>
<p><u>Workshop Closing</u></p> <ul style="list-style-type: none"><li>• As a wrap up activity for this session, parents will be asked to write on a piece of paper, one sentence that summarises what they have learned about conflict management and resolutions in their own family.</li><li>• Parents will be encouraged to share their sentiments with the group.</li></ul>	<p><u>15 minutes</u></p>	<p>Training venue with IT equipment</p> <p>Flipchart and markers</p> <p>Pens and note-taking materials for participants</p>	<p>Parents will engage in all group activities</p>
<p><b>Total duration of the module</b></p>	<p><b>2 hours</b></p>		

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