



Training for Parents
IO2 – Lesson Plan.
Module 2.2 Conflict
Management and
Resolution in Families



EMPOWER
Building Resilience to Address Domestic Violence



Module Title: Module 2.2 Conflict Management and Resolution in Families			
Description of the Learning Activities	Timing (minutes)	Materials/ Equipment Required	Assessment/ Evaluation
<p><u>Workshop Opening: Escape</u></p> <ul style="list-style-type: none">As an introduction to this workshop, the facilitator will invite parents to identify one thing they love and one thing they hate within their household. Examples could include, children (not) washing the dishes, children (not) cleaning up their rooms.The aim of this activity is to encourage debate and discussion amongst parents so that the parents can recognise that as humans, we have likes and dislikes that may cause conflict, especially within the family unit.	<p><u>15 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>Parents will be respectful towards each other.</p>
<p><u>Activity 1: Conflict Resolution Techniques.</u></p> <ul style="list-style-type: none">Parents will examine the conflict resolution techniques on slide 3.Parents will individually complete Activity Sheet 1 and identify situations in their household where they managed and resolved conflict through each of the five steps.	<p><u>45 minutes</u></p>	<p>Module 2.2 Activity Sheet 2.1</p>	



<ul style="list-style-type: none">Parents will discuss their answers with the group and will examine how they could change their technique going forward.			
<p><u>Activity 2: You and I Messages</u></p> <ul style="list-style-type: none">The facilitator will present key facts behind 'I' messages and 'You' messages with parents.Parents will identify examples of situations in their household where they have used 'I' messages and 'You' messages to solve (or inadvertently fuel) conflict.Parents will work in groups of 2-3 and will create role play scenarios for the following situations:<ul style="list-style-type: none">A conflict situation in their household where 'you' messages were used;A conflict situation in their household where 'I' messages were used.Parents will work together to resolve the conflict situations using the conflict management techniques that were previously discussed.	<u>45 minutes</u>	Training venue with IT equipment Flipchart and markers Pens and note-taking materials for participants	Parents will engage in all group activities
<p><u>Workshop Closing</u></p> <ul style="list-style-type: none">To close the session, the facilitator will provide parents with a sheet of paper and pen.Parents will identify	<u>15 minutes</u>	Training venue with IT equipment Flipchart and markers	Parents will engage in all group activities



<ul style="list-style-type: none">○ What they have learned;○ What are the implications and benefits of the learning materials that they have participated in to manage conflict in their own lives.○ Identify how they can apply these learning materials and put them into practice.● Parents will share their responses with the group.		Pens and note-taking materials for participants	
Total duration of the module		2 hours	

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