

Example

Teaching Compromising in Conflict Situations Using Coaching, Modeling, and Behavioral Rehearsal

Objective: The student will compromise in conflict situations with others by changing an opinion, modifying actions, and/or offering alternative solutions.

Coaching

- Introduce the skill and ask questions about it
 - When was the last time you had an argument with one of your classmates? What was the argument about and what did you do? What happened?
 - What does the word "compromise" mean?
 - What are some things people would do to show that they are compromising?
 - How do people show that they are not willing to compromise?
 - What are some good things that might happen if you compromised in an argument or disagreement with your classmates, friends, teachers, or parents?
 - What are some bad things that might happen if you do not compromise with classmates, friends, teachers, or parents?

- Define the Skill and Discuss Key Terms
 - Compromising is ending disagreements or arguments with others by offering alternative ideas, actions, or suggestions. Key terms: compromise, negotiate, alternatives, listening, opinions, give and take

- Discuss Why Skill is Important
 - Sometimes you can avoid arguments or disagreements by compromising
 - Many times you can come up with a better solution to a disagreement by compromising or listening to another person's opinions
 - A lot of times people will think better of you if you calmly end disagreements rather than yelling, screaming, or fighting
 - In a compromise, everybody involved gets some of what they want (i.e., everybody involved gets something and gives something up)

Coaching, Continued

- Identify Skill Steps and Have Students Repeat Them
 - Recognize that you are in a situation that has the potential for conflict
 - Identify the main source of disagreement and why the person or other people is/are upset
 - Listen to what other person or people is/are saying
 - Calmly present your side and see how others react
 - Offer a compromise
 - If others accept compromise, enact the compromise
 - If others do not accept compromise, offer another solution or ask for alternatives

Modeling

Using one of the following situations, model and role-play the situation with students.

- You are at a friend's house on Saturday and the two of you want to watch TV. Your friend wants to watch cartoons but you want to watch a movie on another channel. Your friend says it's his house and you will watch what he wants to. You start to argue.
- Your parents tell you to clean your room, but you want to go to a friend's house. You get mad and start to yell at them and you start to get into a huge fight.
- On the playground, another kid grabs the basketball you are playing with and won't give it back. You grab it back and the other kid starts yelling at you and wants to fight with you.

Behavioral Rehearsal

- Choose two participants to role play the first situation
- Have students state how they are going to compromise
- Role-play the situation
- Instruct others to watch what goes on
- Give feedback on compromising skills
- Ask group to critique compromising behaviors
- Select new participants and role-play other situations above