

10 Essential Conflict Resolution Skills for Teenagers

Adapted from [Mom Junction](#)

A lack of social and emotional skills can land you in tough situations during conflicts. At home, unresolved conflicts can strain relations. Outside, it can lead to broken friendships, getting fired from a part-time job, hours of detention, and even violence.

1. There is no escaping the fact that conflict is a reality. Hiding won't solve anything.
2. You can't wish the problem away. Don't pretend and put on a mask. Keeping your feelings cooped inside won't work.
3. Learn to deal with the problem, not the person. Conflict arises from a specific issue, not from a person. Don't make it personal.
4. Be respectful. *Listen* to the other person. Listening to your parents, teachers, or mentor may have you saying to yourself, "Whatever!", but zoning out is not the solution.
5. Be assertive. You don't need to be passive or aggressive to deal with conflicts. It would be best if you were assertive. Being assertive means putting your views forward confidently and calmly.
6. Learn to negotiate. It is the most critical skill you need to learn and will serve you for a long time.
7. Stick to the present. Don't drag in past issues. Doing so will only muddy the conflict further.
8. The silent treatment does not work. Sulking is as bad as getting aggressive – it won't solve the problem. Talk it out.
9. Be understanding. Don't get defensive and analyze the situation. Try to put yourself in the other person's shoes.
10. Learn to say, "I'm sorry." Stand in front of the mirror and practice if need be! If you are wrong, accept it. Doing so will not make you a wimp. Only a strong person can apologize sincerely.

These skills will help you deal with conflicts and life in general, especially in the workplace.