



Introduction to Non-Violent Communication (10 minutes)

Read the following text and answer the questions:

Non-violent communication is an approach that aims to resolve conflicts in a constructive manner, respecting the needs and rights of all parties involved.

1. What is non-violent communication?

2. How can non-violent communication be used to resolve conflicts?

Sensitization to the School Environment (15 minutes)

Discuss the following questions in pairs:

1. What are the dynamics of the school environment that can lead to conflicts?

2. How can we identify potential conflicts in the school environment?

Understanding the Stakes (15 minutes)

Read the following text and answer the questions:

Understanding the stakes is crucial in resolving conflicts in a constructive manner. It involves identifying the interests and needs of the different parties involved in a conflict.

1. What are the stakes in a conflict?

2. How can we identify the interests and needs of the different parties involved in a conflict?

Identifying the Different Partners (15 minutes)

Discuss the following questions in groups:

1. Who are the different partners involved in a conflict?

2. What are the roles and responsibilities of each partner in a conflict?

Mastering a Conflict Situation (20 minutes)

Read the following text and answer the questions:

Mastering a conflict situation involves staying calm and managing one's emotions to resolve the conflict in a constructive manner.

1. What are the key elements in mastering a conflict situation?

2. How can we manage our emotions in a conflict situation?

Stress and Emotion Management (15 minutes)

Discuss the following questions in pairs:

1. What are the effects of stress and emotions on conflict resolution?

2. How can we manage stress and emotions in a conflict situation?

Adapting Your Posture to Your Interlocutor (15 minutes)

Read the following text and answer the questions:

Adapting your posture to your interlocutor involves understanding the needs and interests of the other party involved in a conflict.

1. What are the key elements in adapting your posture to your interlocutor?

2. How can we understand the needs and interests of the other party involved in a conflict?

Detecting Weak Signals (15 minutes)

Discuss the following questions in groups:

1. What are weak signals in a conflict situation?

2. How can we detect weak signals in a conflict situation?

Mastering De-escalation Techniques (20 minutes)

Read the following text and answer the questions:

Mastering de-escalation techniques involves understanding how to reduce tension and violence in a conflict situation.

1. What are the key elements in mastering de-escalation techniques?

2. How can we reduce tension and violence in a conflict situation?

Non-Violent Communication (15 minutes)

Discuss the following questions in pairs:

1. What are the principles of non-violent communication?

2. How can we apply non-violent communication in a conflict situation?

Activities (30 minutes)

Choose one of the following activities:

1. Write a journal entry about your personal experiences with conflicts and the strategies you used to resolve them.
2. Create a plan for non-violent communication in a specific conflict situation.
3. Practice de-escalation techniques and non-violent communication in a role-play scenario.

[Space for activity]

Questions (15 minutes)

Answer the following questions:

1. What is non-violent communication and how can it be used to resolve conflicts?

2. How can we identify weak signals in a conflict situation?

3. What are the steps to master a conflict situation?

Conclusion (10 minutes)

Individual Reflection:

1. What was the most important thing you learned about non-violent communication and de-escalation techniques?

2. How will you apply what you learned in a real-life conflict situation?

3. What questions do you still have about non-violent communication and de-escalation techniques?

