

How to Use Student Pledges to Resolve Conflict

There are two types of pledge sheets to use when helping students mediate conflict. Decide on which one to use. The difference between each, is one is written in **'I will'** and one is written in **'I will not'**. The reason for this is that although it is great to write everything in the positive format—students often don't understand the specific behaviors required when it isn't direct—I will not threaten is sometimes easier understood for them than—I will be respectful and I will show empathy. The 'I will not' is very specific, no inferences needed. The will statements often require some inferencing—for instance—what does keeping my cool look like, what does empathy look like?

Which ever pledge sheet you use, it be signed prior to meeting with students to resolve the conflict. During the conflict resolution process, each student should have their pledge in front of them. Should the student break any part of the pledge, simply point to the pledge sheet and indicate the number on the sheet that was not adhered to.

Pledge sheets are optional, in some cases, you'll need them and in others, you may not need them.

My Pledge for Solving Conflicts

- _____ ① I will listen to understand.
- _____ ② I will be respectful.
- _____ ③ I will seek to see the other point of view .
- _____ ④ I will be patient and allow others to speak.
- _____ ⑤ I will use appropriate facial and body language.
- _____ ⑥ I will speak in a positive tone.
- _____ ⑦ I will show empathy.
- _____ ⑧ I will keep my cool.
- _____ ⑨ I will speak only the truth.

Signature _____

Witness _____

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My Pledge for Solving Conflicts

- _____ ① I will not threaten.
- _____ ② I will not order around or be bossy.
- _____ ③ I will listen to understand the other's point of view.
- _____ ④ I will not blame or accuse or judge negatively.
- _____ ⑤ I will not call anyone names or make fun of anyone.
- _____ ⑥ I will not be sarcastic.
- _____ ⑦ I will not blurt out or use sarcasm.
- _____ ⑧ I will not over react.
- _____ ⑨ I will not lie or exaggerate.

Signature _____

Witness _____

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