USC 7.4 Harmonious Relationships

**USC 7.4 Demonstrate a personalized and coherent understanding of the importance of nurturing harmony in relationships (with self, others, and the environment) and apply effective strategies to re/establish harmony when conflict arises.**

**Big Idea:**

All relationships have conflict.

Methods of handling conflict in different situations vary.

Methods of resolving conflict change as you mature.

**Unpacking:**

Demonstrate understanding of importance of harmony in relationships

Apply strategies

**Essential questions:**

* What is conflict?
* What causes conflict?
* What are characteristics of a harmonious relationship?
* How can conflict be resolved?
* Are there times when a relationship should end because of conflict?

**Students will understand that:**

* Effective communication is needed to solve conflict
* Harmony in relationships is important
* Harmonious relationships contribute to your well-being
* There are strategies to resolve conflict

**Students will be able to do:**

* Locate and evaluate information about relationships and conflict
* Express insights into what makes a relationship harmonious
* Create a definition of conflict
* Examine how disagreements are not the same as conflict, and conclude that disagreements are normal
* Propose why some disagreements lead to conflict and some don’t
* Examine feelings associated with conflict
* Analyze personal strategies for dealing with conflict
* Analyze the connection between self-esteem and personal conflict management strategies
* Assess the impact of conflict on your health (physical, mental, spiritual, emotional)
* Effective communication skills
* Examine the cause and effect of abuse on relationships
* Commit to non-violent and helpful behaviours
* Demonstrate and adapt strategies of conflict management in a range of contexts
* Examine what is meant by negotiation, mediation, anger management, compromise, and consensus building
* Demonstrate the basics of two or three strategies of establishing harmony
* Create an action plan based on improving relationships
* Reflect on progress

**Students will know:**

* Methods of managing conflict
* The difference between a disagreement and conflict
* The effect of harmony and conflict on your health
* Ways to communicate effectively
* Steps for creating and following through on an action plan