

**She Said; She Said:
Conflict Resolution for Girls**
HiTOPS Educator

Designed for: Middle school and high school girls in existing groups

“I just don’t like her anymore.”
“I’m the only one that’s not invited.”
“She is so annoying.”

Have you ever been happily part of a group during the elementary or middle school years, and then suddenly the dynamics change? As the members of a group grow older, it is common for interests change, loyalties to shift and conflicts to develop.

In this workshop, participants will discuss and practice how to communicate with each other in an open, kind and honest way. Using “I” messages and an activity called “Straight Talk,” girls will learn how to be clear about what they want and need from the group.

Our goals are to help girls:

- Understand the stages of groups and how they change over time
- Learn how to use “I” messages to communicate what they want
- Develop the healthy practice, “Straight Talk” to support one another and resolve conflict

Average length of program: 90 minutes; 120 minutes

Recommended number of participants: 10-30