



OHIO Youth Advisory Board Toolkit Instructions

The Overcoming Hurdles in Ohio (OHIO) Youth Advisory Board exists to be the knowledgeable statewide voice that influences policies and practices that effect all youth who have or will experience out of home care.

Diplomacy Activity:

CONFLICTS and RESOLUTIONS

Supplies needed:

1. Conflict Resolution cards
2. Buzzers

Facilitator instructions:

1. Have youth each take a card and take turns acting it out
2. Have them use the buzzers to reflect on how effective that advocacy message might be
3. Discuss with youth how each advocacy message might be changed to be even more effective

Rules:

1. The applause button indicates an effective advocacy message
2. The other buzzer indicates that the message could be improved upon, in order to advocate more effectively

Learning Outcomes:

- Developing the ability to resolve conflicts positively
- Being aware of verbal and nonverbal communication
- Practicing calm, non-defensive, and respectful reactions
- Addressing conflicts as they arise, rather than ignoring them



OHIO Youth Advisory Board Toolkit Instructions

The Overcoming Hurdles in Ohio (OHIO) Youth Advisory Board exists to be the knowledgeable statewide voice that influences policies and practices that effect all youth who have or will experience out of home care.

I really liked it last week when you took time out to have one-on-one time with just me.

In the future, could we do that more often?

It feels like you and I might have a lot of emotions about this right now.

Could we take some time to think things over and then talk more?

I'd like to talk to you, but now might not be the best time.

Could we meet up later and talk one-on-one?

Try saying the same message in three different tones of voice (passive, aggressive, assertive)

Sample message:

"Now, you're listening"

Why might this wording not be effective?

- You always do this!
- You never listen to me!

Thanks for caring about my future. But it is my future and I'm the one who has to live it.

You can share your ideas, and after that it's up to me what choices are right for my future.

Try saying the same message with three different types of body postures (passive, aggressive, assertive)

Sample message:

"You really want to know what I think?"

I don't want to feel like you and I are enemies right now.

I'd rather feel like we are standing on the same side and working together.

Never mind.

It doesn't matter anyway.



OHIO Youth Advisory Board Toolkit Instructions

The Overcoming Hurdles in Ohio (OHIO) Youth Advisory Board exists to be the knowledgeable statewide voice that influences policies and practices that effect all youth who have or will experience out of home care.

<p>Can we set some ground rules for this conversation?</p> <p>Before we start, I just want to make sure that everything that is said here is kept in confidence, is that OK with you?</p>	<p>I can understand where you're coming from, to some extent.</p> <p>Can you please try to understand where I'm coming from as well?</p>	<p>A relationship is made up of two people.</p> <p>Would it be fair to say that we both have stuff we need to work on?</p>
<p>I know that you and the agency have a plan for my future.</p> <p>But it's really important to me that I get the chance to start making some of my own decisions – that's part of becoming an adult.</p>	<p>I'm not quite sure I understand what you meant by what you just said...</p> <p>Can I repeat back to you what I thought I heard?</p> <p>Or can you try saying it differently?</p>	<p>Which might be more effective:</p> <p>A.) "You hurt my feelings. You know I wanted to come. You didn't have to go without me."</p> <p>B.) "I feel hurt that you did not wait for me. I told you I wanted to come."</p>
<p>Ummm.. yeah.</p> <p>I forgot what I was going to talk to you about.</p>	<p>Trying telling someone what you need while playing on your phone at the same time.</p>	<p>You need to get off my back all the time.</p> <p>And stop telling me what to do.</p>