

Fair Fighting Rules



1. NO NAME CALLING OR PUT DOWNS
2. NO BLAMING
3. NO PHYSICAL CONTACT
4. TAKE TURNS SPEAKING
5. FOCUS ON THE MAIN ISSUE
6. GET AN ADULT INVOLVED

Disagreements are a part of any relationship. Sometimes they can turn into a fight between friends. Fights usually start whenever someone's feeling hurt and they do something to hurt the other person back. Fighting with a friend brings up feelings of anger and sadness. Friends don't have to agree with everything but not every disagreement has to turn into a fight or argument.

Here are some things to keep in mind if you find yourself in a fight with a friend.

Don't make things worse! When we are upset, it is easy to want to say or do mean things to the other person. This is your friend and you have been through a lot together. Rather than trying to upset them more, figure out how you can resolve the situation quickly.

Try to talk to your friend! Once you are both cooled off and no longer upset, try to make contact with your friend. Even if you feel like it is completely their fault, reach out to them and see if they are willing to talk about what happened.

Understand that they may not be ready to talk at the same time that you are. When you talk to your friend, make sure you focus on how you are feeling rather than blaming your friend for

what they did. Express your feelings to them nicely and calmly. Listen to their side of the story too. Remember to own up to the part that you played in the conflict. If you said or did mean things when you were mad, apologize!

Ask an adult for support! Adults can be helpful with getting both of you to sit down and tell your sides of the story. They can also help with reaching a compromise that works for both of you. Ask a parent, teacher, or other trusted adult for help.

Is this a friendship you should continue? If you both consistently arguing with each other, this may not be the healthiest relationship. Find friends that you are not always arguing with.