

TOPIC

ON

Conflict Discrimination Violence



Made by: Charles, Tatjana, Hatice, & Layla.



YOUTH COUNCIL - PRILEP



Conflict



Discrimination



Violence



DEFINITIONS

CONFLICT

= two different opinions in our mind or between us and other people
The conflict can be either (positive) or (negative)
(It is okay to have different opinions on something and it is healthy)
The Conflict can be psychological or verbal.

DISCRIMINATION

= causing pain on someone because of their opinions, personality, or appearance (negative)
(It is okay to not like someone, but it is not okay to cause pain)
The Discrimination can be verbal.

VIOLENCE

= act based upon defence (positive) or attack (negative)
defence (positive): causing pain or harm to defend
attack (negative): causing pain or harm on purpose
The Violence can be verbal or physical.



"Breaking the Cycle of Conflict, Discrimination, and Violence"

Conflict, discrimination and violence can be caused by: frustration, powerlessness in the face of an indifferent society, social jealousy, or even overwhelming anxiety, as well as sometimes severe depression in the face of failure or bereavement.

Stories of conflict, discrimination and violence echo down the ages, but we have the power to change the narrative. By exploring these themes together, we can discover how our individual actions can shape a better future for all.

Every day, we are faced with choices that can influence the way we treat others and resolve conflicts. Today, let's reflect on our actions, our values and our potential to create a more inclusive and peaceful world.



"Breaking the Cycle of Conflict, Discrimination, and Violence"

In society, discrimination leads to conflict, which often ends in violence. Discrimination means treating people unfairly because of who they are. This creates tension and anger, causing fights or worse. Violence hurts everyone involved and makes peace hard to find.

To stop this cycle, we must all work together. We can start by treating everyone with kindness and learning about each other's differences. Laws should protect everyone equally, and countries should talk to each other to solve problems peacefully.

By working together and treating each other with respect, we can make a world without discrimination, conflict, or violence.



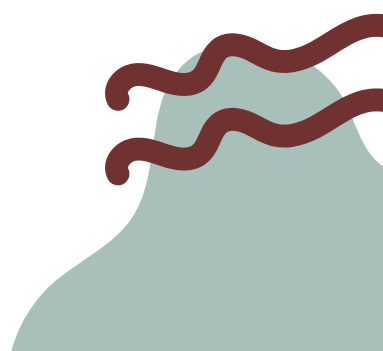



"Breaking the Cycle of Conflict, Discrimination, and Violence"

Conflict, discrimination, and violence continue to cast a shadow over the lives of today's youth. Whether it's the internal struggle of identity acceptance or the external battles against prejudice and bigotry, young people are frequently caught in the crossfire.

Discriminatory attitudes and behaviors not only perpetuate division within communities but also fuel cycles of violence, leaving lasting scars on individuals and societies alike.

It's crucial that we empower young people to challenge injustice, cultivate empathy, and advocate for a world where every individual is treated with dignity and respect, regardless of their background or beliefs.





**"Breaking the Cycle of
Conflict, Discrimination, and
Violence"**

Our THOUGHTS and CONVERSATIONS can start from the first stage of Conflict, then they may lead to the second stage of Discrimination and the third stage of Violence.

It is up to us to stop them at the first stage, because our purpose in life is to live it to the fullest extent with joy, happiness and love!

Resolving conflicts with kindness

**It's okay to disagree! In these moments,
we can still practice respect and kindness by following simple steps:**

BE AWARE OF YOUR FEELINGS

If you are feeling frustrated or upset, find a calming technique that works for you, like taking deep breaths, counting to 5, or taking a break.

LIVE YOUR VALUES

Think about values that are important to you, like kindness and curiosity, and how to respond in a way that supports your values.

KEEP AN OPEN MIND

Aim to understand each other's perspective, instead of trying to "be right".

TAKE TURNS SPEAKING

Be honest and respectful when expressing yourself, and use "I" statements.

EMBRACE GROWTH

Try to learn something new, like a different perspective or strategy for practicing respect and kindness during disagreements.

TAKE RESPONSIBILITY

If your words or actions hurt the other person (even accidentally), acknowledge the harm and genuinely apologize.

LISTEN CAREFULLY

When the other person is speaking, focus on what they're saying and try to understand their perspective and experiences.

TAKE TIME TO REFLECT

Think about what worked well and what you learned that will help you handle future disagreements with even more kindness and respect.

Name:

Date:

RESOLVING CONFLICTS

Think of a significant conflict that you have experienced. Reflect on the event and its outcome below.

What was the conflict about?

Person 1 - Opinion 1st: I like Neapolitan pizza.
Person 2 - Opinion 2nd: I like Pineapple pizza.

Why was the Person 1 discriminating Person 2?

Person 1: I was discriminating Person 2 rightfully so! (joke)

How did you (Person 1) react in this situation?

Person 1: I told the Person 2 that I don't like his style of food and I don't want to hang out with him anymore! But, he is my friend, so I will make an exception.

How did the other person react in this situation?

Person 1: Person 2 said to me that he is my friend and he will never stop being my friend because of my opinions.

How was this conflict solved?

Person 1: We went out in our favourite pizzeria and we ordered different pizzas.

Next time, what can you say differently in order to not cause sadness to the other person?

Person 1: I could say my opinion, but respect the other person's opinion. It's okay for us to have different opinions as long as we don't harm others.

Moving forward, what will you do to avoid conflicts like this in the future?

Person 1: I can be aware of my words to not cause pain to my friend. Just because I like one type of pizza doesn't mean that my opinion is the right one. Everyone has different taste and that is fine. The important thing is to keep our friendship strong and be there for each other no matter of our different opinions.



Thank You!

Made by: Charles, Tatjana, Hatice, & Layla.



YOUTH COUNCIL - PRILEP

