**HOW TO PREVENT FIGHTS**

Conflict is a normal part of life. We all have occasional conflicts, even with people we love. But we shouldn't let little conflicts turn into big fights, especially violent ones. Here are some rules for keeping conflicts from getting out of control.  
• Tell the other person what's bothering you - but do it nicely.  
• Don't let your emotions take control.  
• Listen to the other person.  
• Try to understand how the other person is feeling.  
• No name-calling or insults.  
• No hitting.  
• Don't yell or raise your voice.  
• Look for a compromise.  
  
And, if all else fails, ask somebody else to help!

<http://www.goodcharacter.com/BCBC/PreventingConflicts.html>