

MANAGING CONFLICT IN RELATIONSHIPS

A Guide for Educators

It can be challenging to have students in the classroom who are dealing with a mental health issue like depression, but educators can take action to help fight depression and support students while also keeping their own mental health in check.

Acknowledge and recognise emotions

If you are feeling a certain way, acknowledge and recognise what you feel and do the same with students in class by pointing out what you think they are feeling.

Observe and Control your emotional reactions

When you are challenged, don't feel threatened and act out. Address behaviours, not people and do it once you feel you have calmed down.

Create class norms

Class norms help avoid a lot of ambiguity and conflict. Create class norms with the help of students and ensure that both you and the students uphold these norms and are aware of consequences.

Ensure equality

Make sure that you treat all students equally. Partiality or favouritism can create a lot of conflicts among students in the class and between you and your students as well.