

Relationships: It's OK to Disagree!

The Big Questions:

Do people who care about each other always have to agree?

How can we resolve disagreements without falling out?

R17. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely

R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own

I understand that people have different opinions that should be respected.

Success Criteria:

I can express an opinion while being polite and respectful.

I can work with others to explore ways to resolve a disagreement without falling out.

Activity 1

What does 'disagreeing' mean?

In our lives we will have friends or acquaintances who have very different traditions, beliefs or lifestyles to our own. It is important to be able to respect these but without necessarily needing to agree with them.'

We will sometimes have different opinions from our friends in life and it is important to feel we can voice our own opinion. However, we need to know how to do this without falling out with our friends.

Activity 2

Look at your **Opinions Scenario Cards** in pairs, where an opinion is expressed but in a way that is disrespectful to the other person. Discuss together what you believe the outcome to each scenario would be.

This could be with a sibling or a family member

Differing Opinions



Daniella and Yumiko are talking about their favourite football teams.



Differing Opinions



Paul and Sue-Ling are talking about their birthday parties.



Differing Opinions



Ben and Kai are discussing their favourite television programme.



Disagreements



Disagreements happen when people have different opinions over something.

- Sometimes this is expressed in a way that makes one person feel bad for having their opinion.
- Sometimes this is expressed in a way that makes someone feel that their opinion is less important or not valid.
- Sometimes this is expressed in a way that recognises and respects the other person's opinions but shows that they have a different opinion.

Why do disagreements happen?

You can express a different opinion without being rude or upsetting anyone else.

By respecting someone else's opinion, before expressing your own, they are much less likely to be offended or upset when you express a different opinion from theirs.

Expressing an opinion in a polite and respectful way does not involve criticising the other person or making them feel bad in any way. It does not involve trying to convince the other person to have the same opinion as you or trying to change their opinion.

Disagreements



Conflict or fall outs can be avoided when differing opinions are expressed with:

- politeness
- respect
- honesty



If someone else expresses their different opinion to you in a way that makes you feel upset, angry or uncomfortable, or makes you feel like your opinion is not right, what could you do?

If this happens, it might be that the other person does not know how to express a different opinion while being respectful. You could explain that it is fine to have different opinions and then show them how you could express a different opinion while still being polite, respectful and honest.

What Do You Think?



Thinking about everything we have discussed today, jot down your answers to the following questions.

Is it betraying a friend to have a different opinion from them?

Does being honest have to mean hurting another person's feelings?

Can you be friends with someone who has a very different opinion from you?

Is it possible to move on and still be friends after a disagreement?