





'Solve it together' Technique

Step 1 - 'Solve it together' code

- Each person needs to agree to
- Respect each other
 - Take turns to speak
 - Be honest
 - Involve an adult if it is serious
 - Want to solve the problem



Step 2 - Hearing both sides of the problem

Each person has the chance to say what he/she thinks happened.



Step 3 - Sharing feelings

Each person has the chance to say how he/she feels about the situation.

Then each person has a chance to say how he/she thinks the other person might be feeling.



Step 4 - Finding solutions

The people think of what they can do to solve the situation or to make the situation better for them both.



Step 5 - The agreement

They choose a solution and shake hands.



