Humans are naturally social beings having an inherent desire to be close to other people to connect and build positive relationships. Our life is all about the relationships we build and grow. The better the relationships are at school, the happier and more productive students and teachers will be.

RELATIONSHIP MATTERS

A positive relationship can be shared between any two people who love, support, encourage and help each other practically as well as emotionally. When we have positive relationships, everything we do will be more enjoyable. When relationships are working, everyone is happier, more innovative and creative.
## The Developmental Relationships Framework

<table>
<thead>
<tr>
<th>Elements</th>
<th>Action</th>
<th>Definition</th>
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<tbody>
<tr>
<td><strong>Express Care</strong></td>
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<tr>
<td>Show me that I matter to you</td>
<td>• Be dependable---</td>
<td>Be someone I can trust</td>
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<td></td>
<td>• Listen----------------</td>
<td>Really pay attention when we are together</td>
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<td></td>
<td>• Believe in me------</td>
<td>Make me feel known and valued</td>
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<td></td>
<td>• Be warm-------------</td>
<td>Show me you enjoy being with me</td>
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<td></td>
<td>• Encourage-----------</td>
<td>Praise me for my efforts and achievements</td>
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<td><strong>Challenge Growth</strong></td>
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<tr>
<td>Push me to keep getting better</td>
<td>• Expect my best------</td>
<td>Expect me to live up to my potential</td>
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<td></td>
<td>• Stretch-----------------</td>
<td>Push me to go further</td>
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<td></td>
<td>• Hold me accountable</td>
<td>Insist I take responsibility for my actions</td>
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<td></td>
<td>• Reflect on failures----</td>
<td>Help me learn from mistakes and setbacks</td>
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<td><strong>Provide Support</strong></td>
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<tr>
<td>Help me complete tasks and achieve goals</td>
<td>• Navigate-------------</td>
<td>Guide me through hard situations and systems</td>
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<td></td>
<td>• Empower---------------</td>
<td>Build my confidence to take charge of my life</td>
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<td></td>
<td>• Advocate-------------</td>
<td>Stand up for me when I need it</td>
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<td></td>
<td>• Set boundaries--------</td>
<td>Put limits in place that keep me on track</td>
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<td><strong>Share Power</strong></td>
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<tr>
<td>Treat me with respect and give me a say</td>
<td>• Respect me-----------</td>
<td>Take me seriously and treat me fairly</td>
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<td></td>
<td>• Include me-------------</td>
<td>Involve me in decisions that affect me</td>
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<td></td>
<td>• Collaborate-------------</td>
<td>Work with me to solve problems and reach goals</td>
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<tr>
<td></td>
<td>• Let me lead-------------</td>
<td>Create opportunities for me to take actions and lead</td>
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<tr>
<td><strong>Expend Possibilities</strong></td>
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<tr>
<td>Connect me with people and places that broaden my world</td>
<td>• Inspire----------------</td>
<td>Inspire me to see possibilities for my future</td>
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<tr>
<td></td>
<td>• Broaden horizons------</td>
<td>Expose me to new ideas, experiences, and places</td>
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<tr>
<td></td>
<td>• Connect----------------</td>
<td>Introduce me to people who can help me grow</td>
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Explorers are willing to “step out” of comfort zone and “step into” the unknown to challenge themselves and grow. It provides them with opportunities; finding something meaningful; mixing with strangers from diverse cultures; and being aware of themselves. Exploration allows you to experience unusual and unique practices and learnings, such as volunteer with disadvantaged communities. Through that exploration, you will be able to better understand of who you are, what strengths you have, and what you like.
COURAGE

People who do not have the courage to take risks do not accomplish anything in life. If you never take a risk, you never grow. You never learn what you’re capable of; never discover the limits you see aren’t real. Being courageous doesn’t mean being a fearless warrior. It means being a warrior of the heart. We allow ourselves to have fear, to wrestle with it, and find our way through without being crippled by it.

SELF-AWARENESS is the ability to accurately recognize our own emotions, thoughts, and values and how they influence behavior: The ability to accurately assess our strengths and limitations, with a well-grounded sense of confidence, optimism, and growth mindset.
COURAGE is the choice and willingness to confront difficulty, uncertainty, and even pain. Courage is the ability to do something that frightens one. We have the courage to rise up despite criticism; keep going despite our failures in life; speak up for what we believed in; and stand up for what we believed in.
If we have a better understanding of ourselves, we are able to experience ourselves as unique and separate individuals. This empowers us to make changes and build on our areas of strength, as well as identify areas where we would like to make improvements. Self-awareness is often the first step to building positive relationships.

In changing our thoughts, we can change our feelings and then effectively redirect our actions. This process can apply to all kinds of unhealthy relationship patterns that stem from former relationships, but it requires us to work at developing self-awareness. Explorer yourself!
We are social beings. Without social awareness, we simply won’t fit into any society. As we are living in a society, we all must have a certain amount of knowledge on social awareness definition. SOCIAL AWARENESS is the ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. This includes the ability to understand social norms for behavior and to recognize outlets for social support.
Respect is a hallmark of many great champions. If you care about others' feelings and their well-being and you treat them with respect, you are the CHAMPION!

“I think the champion is like a warrior – humble man of integrity, respect, and honor that treat people kindly” – Jon Jones
Champions give maximum effort every day of their life, even when they don’t feel like it. Great success requires great effort. Champions last on their journey towards achieving true success. Every day we keep working is a win. Every hour of effort is a victory. We must give up something in order to get something we desire, but the rewards and fulfillment that comes from true success are well worth the effort everyday. Champions are willing to pay the price.

Effort

Luck can influence our achievements, since we’re surrounded by conditions and consequences of other actions, but effort will always be the main factor
True champions do a little bit more for the Society. Muhammad Ali is truly the world’s champion in and out the ring. He had fought for RESPECT. He transcended sports with his outsized personality and dedication to civil rights and social justice.

“Service to others is the rent you pay for your room here on earth.”

Muhammad Ali
Respect:
Treat people with dignity and in a respectful manner as this reflect on your character.

Effort:
Make every effort to improve yourself and strengthen relationships.

Become the social champion who understands how to react to different social situations and effectively modify social interactions with other people for healthy relationships. You are being aware of your environment, what's around you, as well as being able to accurately interpret the emotions of people with whom you interact.
Heroes do good and courageous things for other people. They have a strong sense of justice and goodness and acts upon that sense. Their heroism would cause a ripple effect throughout the whole community. Like smiling at a stranger is a lovely gesture which often causes a ripple effect, many people are affected by the ripple effect of heroes’ positive hopes, thoughts, and actions. Doctors, teachers, fire-fighters, soldiers, mom, and dad, all of them are heroes in their own rights.
“A HERO is someone who understands the degree of responsibility that comes with his freedom”
- Bob Dylan

Heroes give more than they take. They are willing to take responsibility for helping others and community safety by using their superpowers. Then, they are not getting any rewards for it. The responsibility for saving us and leading us to our best lives, is our responsibility, not their responsibilities. We’re the ones who are making the decisions in our lives. We’re the ones in charge of our thoughts, words, and actions. Are you responsible to look out for others; give someone a hand; clean up after yourself? Take full responsibilities so let positive ripple effects cause on the whole community you live.
A hero is not necessarily someone with a really high IQ or someone who can fly or shoot lasers from their eyes. Ordinary people like us can become heroes by standing up for what is right and good for in the world, helping others voluntarily, and being personally and socially responsible for our decisions, words, and actions. As an ordinary hero, do you have superpowers to help others? Discover your own superpowers and be your own hero. Use the superpowers and become someone’s hero today.
Ordinary heroes are able to make constructive choices about personal behavior and social interactions consistent with social norms and standards. This includes the ability to evaluate consequences of one’s actions and being considerate of self and others.

"You are much stronger than you think you are. Trust me." – Superman

I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles." – Superman

Responsibility: The state of being responsible, answerable, and accountable for your actions and decisions

Compassion: This is a word for a very positive emotion that has to do with being thoughtful and decent. If you show compassion, you are showing kindness, caring, and a willingness to help others.
High achievers are driven by a strong motive to achieve something important, and gain gratification from success in demanding tasks. Less accomplished individuals are often more motivated to avoid failure. Failure-avoiding individuals are more focused on protecting themselves from the embarrassment and sense of incompetence that can accompany failing at a valued task. Consequently they are less likely to attempt achievement-oriented tasks, and may give up quickly if success is not readily forthcoming.

Katie Taylor, International achiever in 2014
High achievers are able to successfully regulate their emotions, thoughts, and behaviors in different situations including managing stress, self-motivation, and goal setting.
“There is no magic to achievement. It’s really about hard work, choices, and persistence” - Michelle Obama

Self-direction:
Directed or guided by yourself and making your own decision and organizing your own work

Setting personal challenges:
Each day is a great opportunity to try something new and push yourself into areas that test your capabilities as well as widen your horizons. Challenges are what make life interesting. Overcoming them is what makes them meaningful. Set the goals and make habits to overcome the challenges.

Achieve together:
For the great achiever, it’s all about “us,” not only about you. We are only as good as our team.
Peacemakers are willing to wade into conflicts to create harmony and help others solve conflicts and reach a peaceful solution. They make peace waves to spread the values of peace, non-violence, dialogue, tolerance, empathy, and inclusion around the world. To peacemakers, conflict can be seen as an opportunity to create positive change. They love the peaceful conflict resolution process and are willing to put their time and energy to work on it.
Peacemakers don’t avoid conflicts. They are willing to engage in conversations to listen to what others are saying. They are prepared to work together to resolve the conflicts. Relationships skills are important to become a successful peacemaker.

**Cooperation:** willing to work together as a team to achieve mutual goals.

**Open-minded:** willing to accept other opinions, beliefs, or ideas that are different from your own.

**Relationship skills** are required for peacemakers to establish and maintain healthy relationships with diverse groups and individuals. The relationship skills include the ability to communicate clearly, listen, cooperate, resist negative social pressure, resolve conflicts, and seek/offer help when needed.
Conflict is a normal part of life and naturally occurs in all human relationships. Conflict occurs when two people or groups have different styles, principles, values, beliefs and slogans which determine their choices and objectives. Conflicts also arise when people see things differently because of differences in understanding and viewpoint.

When conflict is mismanaged, it can cause great harm to a relationship and lead to violence, but when handled in a respectful, positive way, conflict provides an opportunity to strengthen the bond between two people.

Whatever the cause of disagreements and disputes, by learning conflict resolution skills, you can keep your personal and professional relationships strong and growing.

Conflict is not always a “bad” thing.
Intrapersonal conflicts are internal conflicts within oneself. The conflicts arise when we’re uncertain about what is expected or wanted, or we have a sense of being inadequate to perform a task. It also can occur when we are struggling between what we “want to do” and what we “should do.” Should is always driven by the values, religious beliefs, upbringing etc. Wants, on the other hand, are driven by the environment which entices humans to indulge overlooking should.

1. Intrapersonal conflict

Interpersonal conflict refers to a conflict between two individuals. This occurs typically due to how people are different from one another. We have varied personalities which usually results to incompatible choices and opinions. Apparently, it is a natural occurrence which can eventually help in personal growth or developing your relationships with others.

2. Interpersonal conflict
3. **Intragroup conflict**

Intragroup conflict happens among individuals within a team. The incompatibilities and misunderstandings among these individuals lead to an intragroup conflict. It arises from interpersonal disagreements (e.g., team members have different personalities which may lead to tension) or differences in views and ideas.

4. **Intergroup conflict**

Intergroup conflicts exist between two or more groups and their respective members. Intergroup conflict is in many ways the source of the out-group bias that discriminates against those that are not part of the "in-group." The hostilities between different groups is a pervasive feature common to all levels of social organization (e.g., sports teams, ethnic groups, nations, religions, gangs).
Conflict management style

Avoiding: An unassertive, uncooperative approach whereby a solution is delayed or avoided altogether. Both sides might wait until they would find a better solution or evade the situation.

Competing means stand up for your own rights and defend what you believe is correct.

Accommodating means that you yield to other's points of view.

By Compromising both parties seek a better solution in the middle ground as one gives to another while one takes.

By Collaborating both sides are willing to cooperate and listen to others.
Become a successful conflict resolver

By Peacekeeping - Peacekeeping forces come in to try to reduce tensions between conflicting parties and prevent violations. Anyone wishing to support a peace process in conflicts is the peacekeeper.

By Peacemaking - An intervention in conflicts to attempt to negotiate a peace agreement. Anyone trying to negotiate a peace between disputants-within families, classrooms, or communities is the peacemaker.

By Peacebuilding - An Peacebuilding is the "normalization" of relationships between people previously in conflict. It establishes sustainable peace by addressing root causes of conflict through reconciliation. Anyone recovering from or trying to prevent a long-term, deep-rooted conflict is the peacebuilder.
Restorative CIRCLE

- Give opportunities to speak and listen to one another in an atmosphere of safety and peace
- Everyone in the circles is respected and equal
- Creates environment which promotes community building, inclusiveness, decision making, and learning
- Allow people to open-up
Circle Values
- Respect for All
- All Voices matter
- Silence is a Voice
- Balance of Power

Circle Norms
- Be present
- Say just enough
- Listen from the heart
- Speak from the heart
Taekwondo (TKD)

- Is one of martial arts that begins and ends with respect
- Teaches self-defense skills (e.g., kicks/punches and blockings)
- Provide opportunities to work together, do their best, and be a leader
- Helps improve their physical and mental health.
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