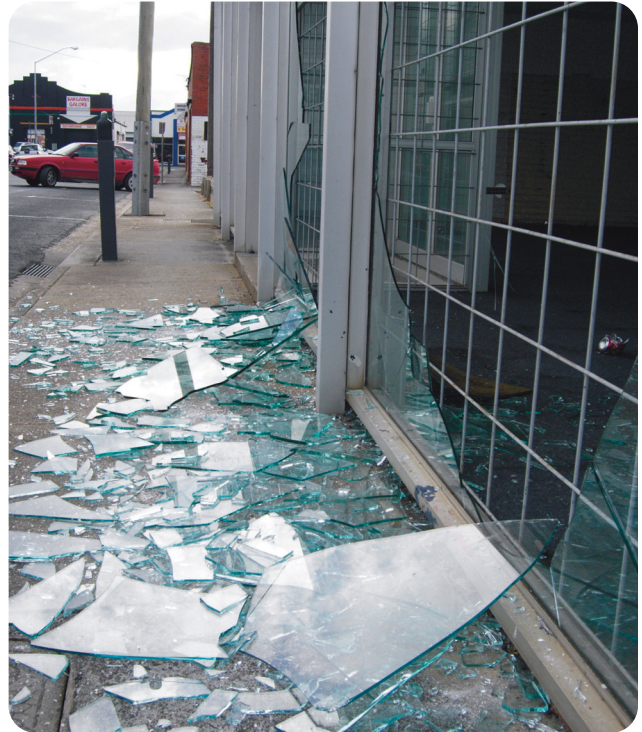


Conflict in the Community

Emotions may run high during times of conflict within a community. It may be frightening to see protests on the news or even in your own neighborhood. Violent events or tension between community members and the police may make you feel unsafe or angry.

Regardless of your personal views, it's important to be respectful toward others. These guidelines may be helpful:

- ▶ Don't rush to judgment. Try to see the situation from multiple points of view.
- ▶ Avoid thinking in an "us" vs. "them" way that makes it harder for people to find common ground.
- ▶ Be sensitive to the religious, cultural, and social backgrounds of your neighbors and co-workers. Recognize that your own biases and stereotypes may influence how you interact with others.
- ▶ Respond to others in your community based on how they behave, not who they are.
- ▶ Think about what you say. Avoid using offensive slang or slurs or language that is derogatory toward others.
- ▶ Be a role model. Set an example for your children, family, and friends. Treat others as you would wish to be treated.



- ▶ Talk to people in your community. Ask them how they are feeling about what's been going on and listen to their concerns. Ask what changes they think are necessary to resolve the conflict.
- ▶ Understand that resolving community conflict will not happen overnight. Building trust between differing groups or points of view will take time and ongoing effort.

For more suggestions on how to cope with conflict in your community, contact LifeMatters. Practical resources and emotional support are available 24/7/365.


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