**PART TWO:**

**MODULE**

**Class Title**: Conflict resolution – part 2 (2nd part of a 3-part series)

**Aim of the lesson**: To understand the causes of conflict between parents and children and focus on the ways to overcome such conflict and build a stronger relationship.

**Category**: Interpersonal skills

**Lesson Format**: Power point presentation, handouts, activities and discussion

**Handouts:** In folder

Greeting to students*) AssalamalaikumwaRahmatullahiwaBarakatuh*

*(Taooz) Aoodhubillahi min AsShaytanirRajeem*

*(Tasmiyah) BismillahirRahmanirRaheem*

*(Du’a) Rabbishrahlisadriwayassirliamriwahluluqdatummillisaniyafqahuqawli* (Surah At Ta-Ha 20: Verse 25-28)

**Slide 1- 3:**

In our last class we discussed that mother-daughter relationships can be difficult at times and evoke conflicting emotions. We also learnt how important it is in the eyes of Allah s.w.t for all of us to be good to our parents. Moreover, this is a continuous role that neither the mother nor the daughter can escape from. Hence, the best way to tackle this is by understanding yours and your parent’s views and getting to know each other better. In order to do that, we filled out a questionnaire and also looked at ways to close the communication gap between ourselves and our parents. So,we are using this platform to develop an understanding between mothers and daughters, in shaa Allah.

**Slide 4:**

Today we are going to take our discussion a step ahead and look at some sensitive areas that can improve our understanding of each other.

**Slide 5-6:**

These six things are very important and sensitive areas to work on if you want to give your relationship a shot. You need to find out what makes your parents tick. My youngest is very apt at this. No matter how big a mess she makes, she knows if she just makes a silly little lovely card with an apology message no matter how badly misspelt, makes mama happy more quickly than you can make instant noodles…so yes you think you are smart? Go ahead and figure out their softie spot and resolve the conflict in a jiffy. Remember it doesn’t have to be one same thing each time.

**Slide 7-8:**

This is critical to your relationship with them but we tend to undermine its importance. Remember we discussed one of the reasons why parents are too controlling could be because they don’t trust you? When kids start lying as an automated response, they think they have fooled them but the truth is that parents have eyes even at the back of their heads and their ears are supersonic. In fact, all their senses are wired in to sniff cover-ups. You will have all these super powers one day too but for now no matter how hard it is, just come clean! Yes you may have to suffer their wrath but its way better than deluding yourself into believing that you got away because all you got away with is some lost trust and that is very, very hard to rebuild. TRUST ME!

**Slide 9-10:**

If you can see that mom isn’t feeling too well or is particularly tired, don’t wait for her to ask you for help because in that case you will be helping but wouldn’t be getting those bonus points that takes your relationship farther in strides if you offer your help . Help your sister with her homework, clean the table, do the dishes, make a cup of coffee…How difficult is that?? In the beginning we decided to adjust our attitude and make it positive. Why? Because without the need to resolve, you can’t do any of the above. We have an unfortunate habit of whining and cursing our fate without realizing that perhaps it’s our lack of positive efforts and maybe by being proactive we can better the situation in sha Allah

**Slide 11:**

In relationships little things pile up and become huge. Each small act of kindness or unkindness affects the relationship so cash in all the happy moments and never miss an opportunity to refuel your relationship. It is a gist of a hadith that even by looking lovingly at your parents you get the sawaab of one hajj!

**Slide 12:**

The Messenger of Allah (sal Allahu alaihi wa sallam) said: “The pious offspring who casts a single look of affection at his parents receives a reward from Allah equal to the reward of an accepted Hajj.” The people enquired: “O Prophet of Allah (sal Allahu alaihi wa sallam), if someone casts a hundred such glances of love and affection at his parents, what then?” The Messenger of Allah (sal Allahu alaihi wa sallam) said: “Yes, indeed, even if one does so a hundred times a day, he will get a hundred-fold reward. Allah is far greater than you imagine and is completely free from petty narrow mindedness.” [Sahih Muslim]

Can you imagine that?? Do you have any idea how much struggle it takes to do one hajj and how costly it is nowadays? But you can earn the reward of Hajj in a millisecond. How is that for a great bargain??

**Slide 13:**

Oh boy! Now you have touched my sore spot…When it comes to friends, kids have a never ending supply of chit chat

“How was lunch?”…ok

“Where did you go?”..oh we just hung out

“What did you do?”….nothing

“You must have done something!”…. I don’t remember

“Come on talk” ….i don’t feel like talking

Does this sound familiar? It’s ok. You are normal if it is. Sometimes you just don’t like talking especially if there is a lot of interrogation.

But you must remember that you will never get close to your parents if you don’t share what’s going on in that head of yours.

**Slide 14:**

If you will talk to parent about all your important decisions, you will never make a major mistake in life!

Reason why we don’t open up is because we are afraid of the outcome that they might get angry or disappointed and say things like “You did what????” Or “what a stupid idea!” so basically you are scared that they will get mad at you if you tell them. But it’s ok

**Slide 15:**

The smallest words often have the strongest impact and perhaps because they are such small words we tend to underestimate their power. One of the single most important word is saying **“please”.** It is not only polite; it shows respect as well.

Two most important words are “**thank you”** so find ways to say thank you on the minutest things.

“Thanks mama for making delicious food for my friends”.

And do you thank your father on the way back from a dinner?

**Slide 16:**

In some families it is normal to give each other hugs and saying I love you but if your home is not one of them then try a new trend. Simply go and give a hug to your mom or dad. No matter what, promise yourself that you will give a hug to them every day. This alone can do wonders to your relationship with your folks.

**Slide 17:**

Make sure that your parents are sitting down when you try this on them because this might give them a stroke.

“Mom you are really stressed out how can I help?”

**Slide 18:**

Voice of experience: For some strange reason they always like that… You can sometimes get away with murder if only you keep your room clean. This gives you an advantage and especially helps if your brother or sister has a messy room

**Slide 19:**

The worst thing you can do is pick up your own sword and engage in battle because you will never win. They will just exercise their authority over you because you are not listening, rebelling or defying them.

**Slide 20:**

Just disarm them instead… It takes one line from you to do that and works like magic. Try to mean it though because they have parental in built sensors which can gauge fake from real. Let your words come out from a place of sincerity and love.

**Slide 21:**

Never make the blunder of getting the last word with parents. They can hear all those words you mutter under your breath

* You are so out of it
* You don’t know any thing
* I wish You weren't my mom
* I hate you

**Slide 22:**

You probably say that when nothing comes to your mind and you are really hurt but this hurts them a lot too. They don’t know that you don’t mean it and if you don’t make them believe otherwise they will probably keep hurting silently and believe that you mean it.

Slide 84-86:

Teacher gives them a teen handout ( **T1** ) to fill and gets feedback later.

Play “The MOM SONG” AND END CLASSS ON A CHEERFUL NOTE

**(Du’a to end a gathering)**

Subhana Rabbika Rabbul Izzati ‘amma yasifun wa salamun ‘alal mursaleen, walhamdulillahi Rabbil ‘alameen

**(Parting salutation to students)**

Assalam alaikum wa rahmatullahi wa Barakatuh