

Address impact of abusive behaviors

Conflict Wise helps individuals recognize the impact of their abusive behaviors on themselves and others. It also identifies high-risk drinking, drug use, criminal activities, and other risky behaviors that may contribute to their abusive behaviors.

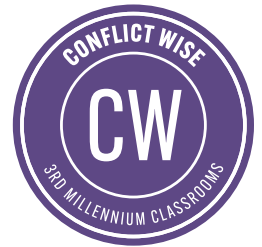
Becoming aware of damaging behavior can be an important initial step in making a change. Conflict Wise develops an action plan using their preferred anger and stress management skills. They will learn conflict resolution strategies and other life skills to diffuse anger triggers and to better manage their behavior.

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LEARNING OUTCOMES

After taking Conflict Wise, the individual will be able to:

- Identify their behavior type, thought process, and thinking style
- Assess their online behavior and its potential impact
- Recognize the risks and consequences of their actions
- Choose conflict resolution strategies that work best for them
- Identify the risks and consequences associated with sexting
- Explore how personal identity, values, and core beliefs affect how they interact with others
- Differentiate between healthy and unhealthy responses to conflict
- Identify types of harassment such as bullying, sexting, cyberharassment, stalking, and assault
- Discuss how anger affects mental and physical health
- Recognize how alcohol and drug use can escalate abuse
- Develop action steps if they find themselves in an abusive relationship
- Understand the value of being assertive when interacting with others
- Choose their own strategies to best manage stressful situations and anger triggers
- Recognize, interrupt, and replace anger with an appropriate anger management tool
- Build empathy and positive communication skills
- Dispel myths surrounding intimate partner violence



INTERVENTION // PERSONALIZED FEEDBACK // COMPLIANCE TRACKING
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