Peer Mediation Practice

Solving Conflicts Together

This practice scenario helps you try peer mediation in a safe and simple way.
It works best in a small group (3–4 people), but you can also read it and reflect on it individually.

Tips for Young Mediators

- Stay calm and kind.
- Don’t judge anyone.
- Keep things private, don’t gossip.
- Ask a teacher, counselor, or trusted adult for help if the problem feels too big.

Tips for the Role-Play

- Switch roles so everyone gets a chance to be the mediator.
- Try different scenarios (for example: a sports team conflict or a misunderstanding between friends).
- Reflect after the role-play:
    - What was easy?
    - What was difficult?
    - What did you learn?

Remember

You don’t need to do this perfectly.
Peer mediation is about trying, listening, and learning together.

Situation: *The Forgotten Group Project*

Characters:

- Mediator – stays neutral and helps both sides talk.
- Alex – feels left out of the group project.
- Jamie – didn't realize Alex felt excluded.

Alex and Jamie were in the same group for a school project. Jamie and another friend did most of the work together and didn't include Alex in the planning. Alex feels hurt and ignored. Jamie thinks everything went fine and doesn't understand why Alex is upset.

Role-Play Script Guide

Step 1: Mediator Sets the Rules
"Thanks for coming. Let's agree to listen, not interrupt, and speak respectfully. I'm here to help you both talk and find a solution."

Step 2: Alex Shares Feelings
"I felt left out. You didn't message me about the project, and I didn't know what to do."

Step 3: Jamie Responds
"I didn't mean to leave you out. I thought you were busy and didn't mind."

Step 4: Mediator Reflects
"So Alex felt ignored, and Jamie didn't realize it hurt Alex. Is that right?"

Step 5: Ask Questions
"What could you do differently next time?"
"How can you make sure everyone feels included?"

Step 6: Find a Solution
Alex: "I'd like to be part of the planning next time."
Jamie: "Okay, I'll make sure to message you and check in."

Step 7: End Positively
"Great job talking it out. You listened and found a way to work better together next time."

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