**Assignment 5: Dealing with Conflict**

**Mission:**

Prepare a poster or electronic presentation (PPT, MovieMaker or similar) on strategies a person can use to avoid or get out of an unhealthy relationship.

You may want to include strategies such as:

- assertiveness

- conflict resolution

- anger management

- understanding the cycle of violence

- knowing when to get help and where to go

**Assessment:**

Your assignment will be marked based on neatness (5 marks), spelling/labeling (5 marks), and having covered the topics thoroughly (10 marks).

**Total Marks:**

/20 Marks