

## **MY EXPERIENCE: TRAPPED IN CONFLICT**

Being a teenager nowadays takes work. It is a period of adulthood full of changes, both physically and mentally. Conflicts are part of our daily reality. Of course, I witness conflict situations at school almost every day. I am not a conflict person, so I did not think I would find myself in a trap one day.

My story began on an ordinary day when I, a 16-year-old high school student, came to school as usual. It was a typical school day. After drawing class, I was sitting and chatting with my friend when a girl I no longer interacted with approached me and asked to talk. When I went into the empty classroom with her, there were my old friends who were close to me who were not nice to me. They were making jokes about me and laughing, and one of them shone a light in my eye. I didn't know what to do at that moment, and I immediately ran away because I'm not the kind of person who wants to solve things with a fight. When I returned to my class, and the lesson started, I sat frozen. I could not understand what had happened. I was so stressed that I couldn't continue my school day. I got my teacher's permission and had to leave in the middle of the lesson. I called my mom and went home. I immediately shared everything with my mom. She was very supportive and encouraged me to speak to the school administration. She assured me that the school manager could help resolve the situation. Following my mom's advice, I was confident that the school manager could help me fix the issue, and I'm proud to say it was the right decision in that kind of conflict situation.

What happened to me was not just a conflict or some contradictory situation. It was a trap in which I was lured and provoked into conflict. After that, I often thought: Could I solve this problem on the spot and not run away? If I stayed, it would only be worse for me. I still cannot find a logical explanation for their actions towards me.

This problematic experience taught me some significant things:

1. It is never necessary to resolve such conflicts with physical force. That can only make the situation worse and lead to injury;
2. You can't keep silent about this. Talk about it. You should definitely tell your parents about it;
3. You can't put off resolving a conflict situation until tomorrow. You need to contact the school administration immediately and start to solve this problem in hot pursuit;
4. The main rule is to start solving this problem as soon as possible. The consequences can be unpredictable.
5. All participants in the conflict should be present to overcome the conflict;

6. You must avoid conflict at all costs, especially if you are alone against a group of people, but be sure to find a countermeasure in such situations.

Aggressive behaviour in the adolescent period is not something new. Bullying is moral or physical violence, aggression in any form or any other actions committed to cause fear and anxiety, subjugate a person to one's interests, and have signs of deliberate cruelty. Unfortunately, it is a spread problem.

From my personal standpoint, every country in the world should pay more attention to this issue and develop precise tools to prevent child cruelty at the legislative level. It will also help to control the level of conflict or bullying statistically. Administrative or criminal liability will discipline and reduce the level of such cases. Each school should involve a professional psychologist in weekly preventive lessons and discussions, which will also help teenagers control their aggressiveness and build relationships in a class as a team. After all, the best counteraction to teenage conflicts and bullying is its prevention. That will help teenagers defend their borders in front of offenders and, in time to seek help from parents or teachers, avoid aggressive companies and not provoke conflicts on their own. We are all different but equal!