

Utah Dispute Resolution

Utah Dispute Resolution (UDR) exists to provide residents of Utah with quality mediation and conciliation services, including information and training in Alternative Dispute Resolution (ADR) as well as means to successfully, informally, and cooperatively resolve their disputes.



Youth Program Services and Trainings

Training on Conflict Resolution and Peer Mediation for Students

- **Basic Conflict Resolution Skills**
- **Advanced Conflict Resolution Skills**
- **Basic Peer Mediation Skills**
- **Advanced Peer Mediation Skills**
- **Customized classes for any topic or age group**



Utah Dispute Resolution

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Utah Dispute Resolution (UDR) considers the training of today's youth in conflict prevention and conflict resolution skills to be one of our primary goals. Through partnerships with local schools and youth organizations, UDR has reached out to thousands of students along the Wasatch Front since beginning over a decade ago. By teaching such skills as active listening, brainstorming, and negotiation to these students, the observable impact has been a lower rate of conflict and violence in the schools where UDR has been most involved. Empowering these students to solve their own problems and to take responsibility for their actions has been a welcome addition to these environments. The federal programs for Service and Character Learning endorse conflict resolution and peer mediation as character and social learning topics that should be included in every student's education.

Basic Conflict Resolution Skills Training

UDR offers an eight-lesson overview of basic conflict resolution skills presented in an interactive and fun way. Students use drawings to practice one-way and two-way communication, make ice cream to learn that one person can make a powerful change, and view optical illusions to learn about perspectives. The hands-on approach to learning these skills helps students apply them in everyday life.



Advanced Conflict Resolution Skills Training

This class is offered daily for an entire term to allow the students more time to explore their own conflict styles and to learn about non-violent ways that conflict has been handled in the past. During this class, students prepare a research project on a peace maker or a peacemaking topic, learn about Gandhi and Dr. Martin Luther King Jr., and evaluate their own daily conflicts. This class encourages students to become more aware of conflict and take a more active role in solving their own disagreements.



Basic and Advanced Peer Mediation Training

This training can be accomplished either as a short, intensive training or as a more in-depth training presented during a daily class. This training introduces the steps of the mediation process. Students learn and practice the skills needed to be a mediator such as active listening, neutrality, effective questioning, ethical behavior, and cultural sensitivity. Students have the opportunity to practice these skills during role plays involving age-appropriate scenarios.



Peer Mediation Program

Once trained as peer mediators, students are eligible to conduct mediations at their schools or as volunteers at participating youth court programs. UDR's peer mediators often help students in other area schools resolve disputes. UDR provides ongoing training to help our peer mediators practice and refine their skills.



Customized Classes for any Age or Topic

UDR can prepare and present lessons or curricula on customized conflict resolution and related topics for any age group. Some of these topics include tolerance, team building, or anti-bullying. Utah Dispute Resolution is helping to build more peaceful communities throughout our state by teaching and modeling collaborative conflict resolution skills to Utah's youth. Contact our Salt Lake City or Ogden office to discuss your needs.

