

CONFLICTS

AND VIOLENCE IN ADOLESCENCE



DID YOU KNOW THAT CONFLICT CAN BE BENEFICIAL FOR COUPLES?

CONFLICTS

allow couples **to learn more about each other** and learn to **better communicate their needs** to their partner.

BUT SOMETIMES...

conflicts can escalate and lead to utilizing violent behavior.

What forms can violence take?

SEXUAL

Kissing or touching without the consent of the other person, putting pressure to have sex

PSYCHOLOGICAL

Being hostile, insulting, ridiculing, controlling the social media or trying to make the other person jealous

PHYSICAL

Pushing, hitting, throwing an object, making threats or using physical force to control the other person

Various **negative consequences** of violence were identified :

Physical injuries

Pain, bruises, cuts

Psychological injuries

Sadness, distress, low self-esteem, suicidal ideation

Relational injuries

Decreased relationship satisfaction, fear

Revictimisation

In future relationships

When does violence occur ?

Our study has shown links between the strategies used to manage conflict and the adoption of violent behavior.

Conflict resolution strategies :



Conflictual



Avoidant



POSITIVE



Regardless of the use of positive strategies, adopting conflictual or avoidant strategies increases the risk of perpetrating violence during a conflict.

To know more about the lab's projects : www.lefac.uqam.ca

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