

# Community conservation on **CONFLICT RESOLUTION**



**Khumbhekani Victim Empowerment – Community Newsletter – 26 March 2026**

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A Community Conversation on Conflict Resolution in Lulekani Township. The session focused on equipping men with practical skills to resolve conflicts with family members, partners, and friends without resorting to anger, arguments, or violence.

The discussion was facilitated by Mrs. Masakona M.P, who guided participants about healthy communication techniques and constructive ways to handle disagreements.



## Understanding Conflict and Resolution

The session began by highlighting that conflict is a normal part of relationships, but the way it is handled determines whether it leads to growth or destruction.

Participants were encouraged that when facing a conflict:

- They should approach the person calmly and respectfully
- Choose the right time and setting to talk
- Clearly express their concerns without attacking or blaming

The facilitator explained that one of the common challenges is that sometimes people may not listen attentively, may become defensive, or may avoid serious discussions. In such cases, participants were advised to remain patient and not react with anger.

It was emphasised that not all problems have immediate solutions, and sometimes it is important to give each other time to reflect and return to the discussion later.



## Managing Emotions and Avoiding Anger

A key message from the dialogue was that many conflicts escalate because of anger and harsh communication. Men were encouraged to control their emotions and avoid addressing issues when they are upset, as this often leads to regret and worsens the situation.

The facilitator stressed that:

- Anger does not solve problems
- Respectful communication leads to better outcomes
- Patience and understanding are essential in resolving conflict.

## Seeking Help and Mediation

Participants were also encouraged to seek help when conflicts become difficult to resolve. However, the facilitator highlighted the importance of choosing neutral and unbiased mediators.

It was noted that:

- Involving close family members may sometimes lead to bias and further conflict
- Neutral individuals such as counsellors, social workers, or community support services are often more effective in helping resolve disputes



## Understanding Legal and Personal Responsibility

The facilitator addressed sensitive topics around relationships, consent, and accusations of sexual offences.

Participants were reminded that:

- Consent must always be clear, mutual, and respected.
- Serious allegations such as sexual offences are handled through proper legal and medical processes.
- Individuals should avoid situations that may put them at risk and always act responsibly.

The discussion emphasized the importance of making informed decisions and understanding the legal consequences of one's actions.

## Community Views and Concerns

During the open discussion, participants shared various challenges they face in relationships. These included:

- Financial pressures and expectations within relationships.
- Lack of trust and issues related to infidelity
- Difficulties balancing work responsibilities and quality time with partners.
- Misunderstandings around intimacy and emotional connection.

Some participants expressed fears and frustrations around relationship conflicts escalating into serious consequences. These concerns were acknowledged, and the facilitator guided the discussion towards lawful, safe, and responsible ways of handling such situations



## Building Healthy Relationships

The conversation also touched on improving relationships through:

- Better communication between partners
- Emotional support and understanding
- Shared responsibility in maintaining the relationship
- Respecting each other's needs and boundaries

## Key Messages:

- Conflict should be resolved through communication instead of violence.
- Patience and timing are important when addressing issues.
- Anger often worsens problems rather than solving them problems.
- Seeking help from neutral parties can lead to better solutions.
- Respect, consent, and responsibility are essential in relationships

## Conclusion

The **Community Conversation on Conflict Resolution held on 26 March 2026** provided valuable tools and insights for men to handle disagreements in a healthier and more constructive way. Through education, open dialogue, and professional guidance, Khumbhekani Victim Empowerment continues to promote peaceful conflict resolution and stronger relationships within the community.

**“Men for Change – Zero violence against Women and Children!”**



*Thank you for going through our newsletter... “YOUR PAIN IS OUR CONCERN!”*

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