1. Group formation – boys get to know those in in-group
2. Competition- compete for resources against out-group (caused aggression)
3. reconciliation – forced both groups to work towards a mutual goal.
   - This study has been tested several times since, findings have been consistent.

This therefore explains that competition can cause intergroup conflict but that be getting to know those in out-group and findings similarities and common ground, they were able to resolves this conflict. This supports Allport (1954) who proposed contact theory, stating that prolonged, quality time with out-group members can reduce conflict between them.