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Teaching Peace and Justice



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Outreach Program

What Does Your Child See?

- How Do You Deal With:
 - Anger
 - Frustration
 - Conflict
 - Unfairness
 - Differing Opinions
 - Change



Teach Peace and Justice at Home

- Show your child
 - Love
 - Kindness
 - Acceptance
 - Compassion
 - Fairness
 - Forgiveness



Demonstrate Peace and Justice

Point out

Point out everyday acts of kindness

Talk

Talk with your child about different ways to handle challenges and unfairness

Read

Read books about people in the past and present who have brought about change

Point out

Point out when you or your child handles a conflict or big feelings in a positive way

Limit Your Child's Exposure to Violence

- Media
- Video games
- Overheard conversations



Understanding Peace and Justice Helps Young Children Realize



Conflict is normal but can be resolved in respectful ways



It's possible to be peaceful and assertive



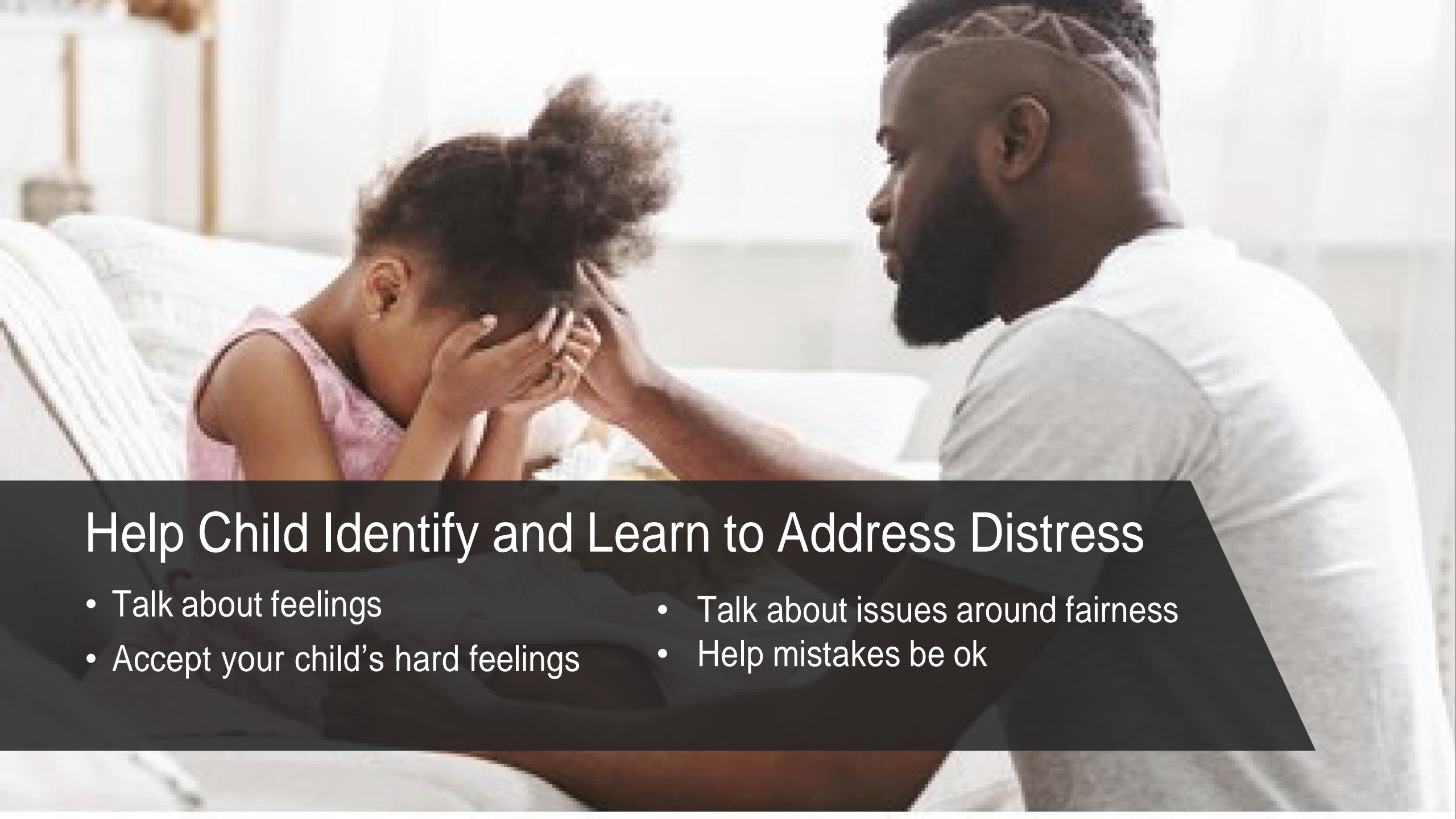
It's okay for others to have different opinions



It's important to think about others



We all have the ability to help bring about change



Help Child Identify and Learn to Address Distress

- Talk about feelings
- Accept your child's hard feelings
- Talk about issues around fairness
- Help mistakes be ok



Teach Child Self Care Skills

- How to identify and label emotions
- Opportunities to share feelings
- Consistent eat/sleep schedule
- Yoga and gentle movement



Give Child Opportunities to Be Caring Towards

- Sibling
- Community issue
- Plant
- Pet
- Environment



Work As A Family Towards Creating a More Peaceful and Just Community

What can you do in your neighborhood to promote peace and justice

- Form block club
- Welcome new neighbors
- Talk in age-appropriate way about being accepting of others
- Talk about how it feels to be ignored, teased or excluded
- Point out steps towards being more inclusive and accepting