

Respect Ourselves and Others

Disrespect is becoming a serious problem with children and adults. When we put down other people or call them bad names, we are disrespecting them. This can lead to violence as people who feel “dissed” become angry and conflicts may arise.

We must learn to respect each other - students, parents, teachers and family members as well as other people in the community.

Being kind to others, smiling, not frowning at people we meet, are all signs of respect.

Hurting others, either verbally or physically, are signs of disrespect.

Communicate Better

There are many ways of communicating – talking, writing, emailing, talking to someone on the telephone. Sometimes if someone has hurt us, it can help if we let that person know how we feel. Instead of getting angry, we should try to explain our feelings. Quite often people do not realize they have hurt someone by saying or doing something negative.

In school, several ways can be found to make peace among students. There can be an area of the classroom where students can speak and be listened to about the issues that are worrying them. Instead of getting into a fight or trying to ignore the problem, the matter can be discussed and often resolved without any conflict. The area can be called a “Peace Zone” and can be a table or blanket or corner of the room especially set aside for peace making. Class meetings can also help to resolve conflicts. Some students can become Peer Mediators to help others.

Listen Carefully

One important way to respect others is to listen carefully to what they have to say. Sometimes, young people who are not listened to at home, try to get attention in negative ways. Some join gangs to get a sense of belonging, recognition and power. If you feel you need someone to listen to your problems, ask your parents, your teacher, another adult or friend for a special time to talk to them. Tell them it is important for them to listen to you. And if a friend or family member tells you they want to talk to you, listen carefully and respectfully.

Forgive

When someone does something that hurts us, we get angry. At times we want to hurt them back so that they will know what it feels like to be hurt. Sometimes we hurt other people and feel bad afterwards. It is important that we say we are sorry to anyone we have hurt, just as they should apologize to us if they have hurt us.

Sometimes, though, people find it difficult to say they are sorry and we have to try to forgive them anyway.

When we learn how to forgive others, we become happier and more content.

It lifts the burden of anger and hate or any

other negative feelings that we may be experiencing.

Remember, we are not responsible for how other people behave but we are responsible for our own behaviour.

Respect Nature

We live in a beautiful world, with its flowers, plants, sea, sun and animals as well as the wonderful peoples of all nations that make up the world as we know it. Children who enjoy hurting or killing animals may go on to hurt people later on. If we learn to nurture everything and everyone around us, we will grow to respect our world more and more as we get older. Respecting nature leads to respecting people.

Respect teaches us to love our country, our community, our family and our friends.



Play safely

Many of the programs on television and video games are violent in nature. Even some sports are becoming increasingly violent. This can influence us to practice violent behaviour if we are not careful. It is so easy to imitate what we are seeing on a television screen without thinking about the consequences. It is important to think about what we are seeing and how we feel about what we are seeing and how we feel about the violent actions we are watching. Do we want to become like that? If we want a peaceful community, we have to choose positive, nonviolent ways to play and work together.

A peacemaking community plays together in nonviolent, respectful sports and games. Playing together in this way can teach us to respect each other, to have the will to win but to accept losing with good grace. We can have fun together without doing harm or causing injury.

Be courageous

We have to look at violence for what it is. Guns, hate, uncontrolled anger, domestic violence, sexual violence, school violence, racism and many other negative violent actions cannot create a peaceful home or community.

To help our communities become peaceful, students can play an important role in their schools. By showing the community how to deal with problems in a positive way, without resorting to violence, students can teach others how to resolve issues in a peaceful, respectful way.

Let us celebrate and create circles of peace around our schools, families, communities and our beloved country.

Kids Pledge of Nonviolence

Making peace must start with me.
I commit myself as best I can to become a nonviolent and peaceful person

To Respect Myself and Others

To respect myself and other people and to refuse to say or do mean things to others.

To Communicate Better

To share my feelings honestly, to look for safe ways to talk and act when I'm angry and to work at solving problems peacefully.

To Listen

To listen carefully to others, especially those who disagree with me and to care about others' feelings.

To Forgive

To say I'm sorry and mean it when I have hurt another person, to forgive others when they have hurt me and to keep from holding grudges.

To Respect Nature

To treat the environment and all living things, including my pets, with respect and care.

To Play Safely

To play in fun ways and not mean ways. To make sure that any games I play do not hurt others.

To Be Courageous

Let peace begin with us, whether at home, at school or in the community and let us stand with others who are treated unfairly.

Signed by _____

Date _____

CREATING CIRCLES OF PEACE AROUND OUR SCHOOLS AND OUR FAMILIES



The Crisis Centre

24-Hour Hotline:

328-0922

Fax: 328-7824

Family Violence Unit

Ministry of Health and
Social Development

322-4999

email: bahamascrisiscentre@yahoo.com
www.bahamascrisiscentre.org