KIDS FOR PEACE
Making A Non-Violent USA

CHILDREN SHOULD BE SEEN AND NOT HURT
What's Inside

3
Hello

4-5
A Time for Dreams

6
Bullies

7
Meet Kanesha Johnson, a Super-Giraffe

8-9
Practice Non-violence

10-11
Getting Through to a Friend Game

12-13
Lessons About Forgiveness

14-15
Keeping One Another Safe

16
A Letter to Jerry

17
What About You?

18
Everyone is Special

19
Peace Prayers

20
Be a Peace Kid!

INSERT!
FAMILY MEETING
Please pull out and give to your parents.
I can hardly wait to introduce you to my new friends. They are going to help us think about peace so we can do something about the violence in the world around us.

What does peace mean to you? To me, it means treating all persons and ourselves as God's creation.

Peace does not mean that we never get angry, even Jesus got angry. But in this magazine, we will examine what to do when you are angry, non-violent solutions.

Peace means that we solve problems without hurting others. I can hardly wait to tell you about the "Family Meeting" and how it works. We will also talk about bullies and how you can be a Peace Kid.

In these pages you will discover how wonderful and special each person is, and that means you too! We are all special because we are all children of God. Together we will dream a nation of peace, a non-violent U.S.A.

There is lots more. So what are we waiting for? Let's get going!

Shalom,

Treasure Bear
Isaiah dreamt of a peaceful world, where the wolf and the lamb shall feed together, the lion shall eat straw...They shall not hurt or destroy on all my holy mountain, says the Lord. "from Isaiah 65:25

"Wake up, Jimmy!" called Mother. Jimmy was not in bed, but he was dreaming. His thinking had taken him so far from the kitchen table that his mother had to call him from his daydream.

Have you ever daydreamed? Daydreams can take you to other worlds and brand new ideas. They are your very own dreams, different from anyone else's. In daydreams, you can dream a world different from the one you know. Daydreams may even help you figure out what to do about a problem.

Many artists have drawn their idea of the images of peace in Isaiah. This is how Lauren imagined Isaiah 11:6. What is your dream of peace? Draw it on a separate piece of paper.
Kayla was afraid of the dark. Even the night light in the hallway did not make the dark bedroom less scary. Kayla thought and thought about how she could not be afraid in the dark. In all her daydreaming, she came up with the idea of a night-time rainbow, a sweeping arc of her favorite colors. This rainbow was so bright it shimmered in the dark. Now in her dark bedroom, Kayla closes her eyes and pictures her night-time rainbow until she falls asleep and dreams night-time dreams.

Dr. Martin Luther King, Jr. dreamed too. His dream was an America where children of all colors would join hands as brothers and sisters. Dr. King worked for this dream in non-violent ways that would not hurt those who stood in his way. He called himself a drum major for peace and justice.
Bullies come in all sizes, shapes, colors, and ages. They have these things in common:

- They are concerned mainly with their own pleasure rather than thinking about anyone else.
- They want attention, recognition, power, position and fame, and they are willing to use other people in order to get what they want.
- They want revenge for hurt feelings they have.
- They do not have the ability to look at the whole picture and, therefore, are not responsible people.

1. Refuse to give in; stick up for yourself.
2. Use humor, but do not make fun of the bully.
3. Be friendly to the bully.
4. Ignore the bully.
5. Seek help from someone older.
6. Talk it out.
What else could you do?

Kanesha Johnson, in the fifth grade in Hawthorne, California, is a giraffe. She really is, and a super-giraffe at that! Giraffes are persons who stick their necks out on behalf of others. When her class began to get many new children, mostly Vietnamese and Hispanic, problems began. Most of Kanesha's friends would not talk to the new children. Some of her classmates began to bully and tease the new children. Kanesha stepped up and stuck her neck out. She helped the new children learn to speak English. She invited them to join games. She even persuaded some of her friends to be their friends. Not everyone was happy about what Kanesha was doing. Some of her classmates teased her and made fun of her, but she did not back down. Kanesha was honored by a group called The Giraffe Project for standing tall and sticking her neck out.

Find the Hidden Message

To find the message from Jesus about God's dream or plan for the world, find the words in the list in the rows of letters. Draw a line through each letter of the words you find. Then write the letters that are left over. Divide them into words to read the message from Jesus. Look up the rest of this teaching from Jesus in Matthew 5:9.

TALK  RESPECT
LOVE  DREAM
HUGS  LISTEN
WIN  FORGIVE

The answer is hidden in the magazine.
Do you know that anger causes your body to act in certain ways? When we get angry, our blood pressure rises, our breathing gets faster, and our heartbeat increases. Our brain controls these reactions to anger. God gave us a brain so we can figure out ways to handle our anger without hurting ourselves or other people. This is acting non-violently.

Here are some things you can do to release the tension in your body when you are angry:

- breathe deeply several times
- punch a pillow
- take a fast walk
- count to 10 or 100 or 1000
What should Kim do?

Kim has every right to be angry. What should she do now? And what should she say?

MAZE

Help the children get to school safely. (Hint: Don’t take the short cut where the bullies hang out.)

The answer is hidden in the maze.
Sometimes we have differences with our friends. How we approach each situation can make things better or worse. When you play this game think about what you see on the board. How would they affect your life?

How to play: Players place their markers at start. Using one die, each player throws in turn following the numbers on the board. If you land on a space with a location, follow the directions. Continue playing until all players reach “Finish.”
Jerusalem - Jesus, a popular Jewish teacher, was killed today on a cross. Just before he died he made a gift to his enemies. He said, "Father, forgive them for they do not know what they are doing."

People who have followed his career are not surprised at his willingness to forgive. His teachings have always emphasized forgiving others. The prayer he taught his disciples includes: "Forgive us our sins, as we forgive those who sin against us." When asked by his disciple Peter about the number of times to forgive, Jesus said, "Not seventy times, but, I tell you, seventy times seven." Surely this man lived as he taught.
Virginia Beach, Virginia --
"Let's have a party!"
That's what nine-year-old Bess Sannino said to her mother, and her mother said, "Yes." But this was not going to be a regular party. Bess wanted to have a "forgiveness party" and here's why.

One day Bess and her mother returned home to discover that someone had broken into their house. Bess's allowance, her valentine's candy, and a tape player were gone. Because of other events in their neighborhood, they figured out who had been in their house. With the help of a police officer, Bess's family and the young people, who had broken into the house, worked out a way for the young people to pay them back.

Even when everything was paid back, Bess still felt uneasy. Something more was needed for true reconciliation. That is where the party idea came in. Bess wanted a party for the young people and their families that would say, "Let's make things right between us. Let's start over in our relationships." The party was a success. "I learned a lot about forgiveness from my daughter," said Bess's mother.

**WANTED:** Jesus seeks persons who love their enemies and who pray for those who persecute them. —Matt 5:43-44
When Jesus was on this earth, he treated people as if everyone was part of one big family, the family of God. We try to live that way today. That means that we are responsible for one another so we work together to make our neighborhoods and homes safe. This is another way to be a peacemaker.

I have a one-of-a-kind camera that I call my “safety cam.” This safety cam helps me spot places where you and I can be safe. It also helps me find the places where we need extra protection.

Make your own safety cam. Get a paper tube from paper towels or plastic wrap. Decorate it with crayons or markers. Hold it to your eye like a telescope. Look around your home, your street, your school, your church building, everywhere you go. What is it that makes these places feel safe to you? Perhaps there are people there who really care about you. Perhaps you know you are always welcome there.

My safety cam also detects places that are not safe. Look through your
**Words to Know**

**PATIENCE**
Keeping cool and not getting upset especially when provoked, when tired or when waiting for someone or something.

**PEACE KID**
A child who works for peace and who does not use violent words or actions.

**PERSECUTE**
To treat a person (or group of persons) badly because you do not like something about that person (or that group of persons), for example, you might not like the person's skin color or the person's beliefs.

**RECONCILIATION**
To make a friendship good and right again.

**REVENGE**
Wanting to get even.
Jerry is just about your age. He is one of my favorite friends because he is a good listener and likes to hug. I love to give bear hugs, of course. Here is a letter I wrote to him when I knew that he was feeling so sad about himself that he did not even want a hug.

Dear Jerry,
You are a wonderful friend. It makes me sad to see you looking sad. Remember that God made you special. There has never been and there will never be another person just like you.

God has made you the way you are because only you can share your gifts with others. You are such a good listener. You can use your gift of listening to help other people learn that God cares for them too.

Thank you for being you.

Hugs,

Treasure Bear
Have you ever felt like Jerry did? Sometimes we have a hard time seeing how special we are and remembering that God loves us. God gave Jerry the talent of listening to others. What talents has God given you? Look over this list if you are having trouble thinking of your gifts or talents from God.

- a big smile
- talking with visitors
- teaching a new game or sport
- singing
- reading aloud
- finding ways to end arguments
- thinking up new stories or plays or inventions
- drawing
- knowing when someone is unhappy

Once you have found your gift, God expects you to use it as best you can to help others. How will you use your gift to be a Peace Kid?

Are You Satisfied With...?

1. Are you satisfied with your hair?
2. Are you satisfied with your height?
3. Are you satisfied with your intelligence?
4. Are you satisfied with your nose?
5. Are you satisfied with the color of your eyes?
6. Are you satisfied with your smile?
7. Are you satisfied with yourself when you are alone?
8. Are you satisfied with the color of your skin?
9. Are you satisfied with your ears?
10. Are you satisfied with the shape of your eyes?

You are God's gift to you. That means that you should love yourself as you are. In order to love others as they are, you must first love yourself.

If you answered "Yes" to eight or more, then you are fairly satisfied with yourself. If you answered "yes" to fewer than six, maybe you should talk with someone who could help you to like yourself. It could be a member of your family, church or school.
Everyone is Special

Think about your family and friends. What are some good things about each person? How might you tell them about their special gifts?

With Words?

With Your Hands?

With Your Imagination?

HELP STOP VIOLENCE

- Make someone smile.
- Don't play with guns.
- Be polite.
- When you watch TV, count the number of times you see or hear violence. Ask yourself, "Why is this on TV?"
- Don't put people down.
- Show respect to others.
Peace Prayers

Lord, make me an instrument of your peace. Where there is hatred, let me sow love.
Amen.
St. Francis of Assissi

Dear God, I get so sad when I see people being mean to one another. Give me the courage to bring peace to people around me. Amen.

Please, God,
Every day
And in every way,
Come to us and let peace Enter into our hearts. Amen.

Let there be peace on earth and let it begin with me.
Amen.

Write Your Prayer for Peace
Be A Peace Kid!

and we would like to tell others what you are doing to bring peace to your family, neighborhood, and community. If you send me your information, I will send you a card that tells everyone that you are a Peace Kid. Tell about your activities in any of these ways:

- Write a prayer
- Write a play
- Write a story or a news article
- Make up a song
- Write a poem
- Draw a picture and tell me about it (no more than five sentences, please!)

Write your name, your age (no one over 15, please), your address and your church’s name and address on the paper and send it to me:

My friends and I are planning another issue of Treasure Magazine about peace...
In many ways we are being led by children today, led by their pain and their anguish to take a hard look at the extent to which we as adults have failed them. Certainly there are many things we are doing right in our responsibilities with regard to children, but we have to be honest about the ways we have failed.

- According to 1992 data, one child dies from gunshot injuries every 98 minutes, the equivalent of a classroom of children every day and a half.
- The number of children who were reported abused and neglected in 1993 was almost 3 million—triple the number in 1980.
- In 1994, one in four homeless people was under the age of 18.
- A record 14.2 million children relied on food stamps in 1993, a 51 percent increase since 1989.

In many ways statistics such as these are meaningless unless seen as part of a bigger picture. We are the wealthiest nation in history with unbelievable resources at our disposal. Yet our children are victims of poverty and violence to a degree that should be intolerable to each and every one of us. The prophet Isaiah tells us, in very strong language, what God wants of us:

*Is this not the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,
and to break every yoke?*

*Is it not to share your bread with the hungry,
and bring the homeless poor into your house;
when you see the naked, to cover them,
and not to hide yourself from your own kin?*

Isaiah 58:6-7

"Your own" really means all of our children for we have a responsibility to each one.

But how do we start? The statistics above seem overwhelming. This and the next issue of TREASURE Magazine focus on the whole area of violence prevention and our children. We can start here by saying "NO!" to violence in our own lives and the lives of our children. Obviously, a simple "No" is not enough, and is really only one side of the picture. There are also many things we must say "Yes" to if we are truly concerned about the violence in all children's lives. In this issue of TREASURE Magazine, we will look at these no's and yes's:

- YES to affirmation of self and others;
- NO to discounting and ridiculing
- YES to communicating and listening and "put-ups";
- NO to ignoring and "put-downs"
- YES to thinking and healthy choices;
- NO to hurtful anger and unhealthy choices
- YES to understanding others and solving problems;
- NO to name-calling and avoiding problems
- YES to standing up and being responsible;
- NO to hurting and forcing and using others
- YES to caring and watching out for one another;
- NO to fear and weapons
- YES to forgiveness and breaking down barriers;
- NO to hostility and revenge.

As we parent and nurture our children, we are their primary teachers of these YES'S. From us they learn violence and peace. This magazine contains concrete suggestions for guidelines and strategies to use at home.

Building and encouraging self-esteem in our children is the foundation for building peacemaking skills and preventing the use of violence to solve problems. A strong self-image is crucial in developing compassion toward others. Children find it difficult to care about others—whether a sibling, a classmate, or a stranger—when they do not feel of value to themselves. They also find it hard to be different in any way, to do anything even a little bit risky, unless they have a strong sense of self. Obviously much of peacemaking is risky work. The ability to embrace diversity is enhanced by a strong self-image. Our role as parents and guardians is key in the development of self-esteem. In many ways, our children see themselves first through our eyes. When we tell them they are wonderful, they can and do believe it.
Here are some ways you can help your children develop a positive self-image, a strong self-esteem:

- Find a way each day to tell your children how wonderful they are.
- Catch your children doing something right each day and comment on it.
- Find ways to encourage your children to articulate their dreams for themselves and for others.
- Use special family times, such as birthdays or special events like the first day of school, to tell that family member how special she or he is.
- Find ways to give your children responsibilities that allow them to grow.

Communication, conflict resolution, and anger management skills are primary ingredients as we work as a family to teach peacemaking skills and to reinforce what is taught in religious education programs. Children become better listeners as we become better listeners. They learn to express feelings as they hear us express feelings. They learn to disagree fairly as they hear us do the same.

One specific tool to use at home for learning and practicing conflict management skills is the “family meeting.” In family meetings, several skills are developed: listening, expressing one’s feelings accurately with words, non-hurtful ways to express anger, describing needs in clear terms, weighing possible solutions to a conflict, and negotiating. Important guidelines for conducting effective family meetings are:

- Schedule them regularly, so there is predictability, not just when a problem surfaces. Otherwise, the children will not trust the process.
- Schedule them at the most convenient time for all family members.
- Make the agenda available to everyone. Post a paper prominently where everyone can add agenda items. Otherwise children often forget what they want to discuss.
- Include agenda items that involve family plans, family fun events, or family service opportunities. Do not limit the agenda to problems or conflicts only.
- Combine the family meeting with things that “taste good”, e.g., a special dessert, a family game or fun night, a trip to the ice cream store, individual affirmations, a special prayer, candle-light and/or other touches of beauty where the meeting is held.
- Rotate leadership so children get a chance to develop their leadership skills.
- Be sure that decisions are clear, tasks assigned, consequences identified, and that a “check-in” time is set when a particular solution will be evaluated.
- Decide by consensus, not by voting. Voting promotes division and losers. A helpful definition of consensus is a proposal that everyone is willing to try for one week, even though some might have doubts about it as the best solution.
- Give everyone a chance to speak. Help less verbal family members get their points across.

When beginning family meetings, concentrate the agenda on “low stake” items, items less likely to trigger defensiveness. Don’t ask reluctant family members for a ten-year commitment to the process. Decide on a trial period. When it is over, evaluate and make adjustments to fit your family.

Family meetings can also be tools in helping children figure out ways to deal with bullies and how to provide for their own safety as well as the safety of others. If children feel free to talk about what is scary to them in any aspect of life, they are much more likely to be creative and courageous in approaching responses. As parents we can help them role play possible ways to deal with bullies as well as figure out safe routes from school to home.

Conflicts, whether within the family or without, bring the need for forgiveness. And forgiveness is definitely an area where children get their cues from parents and other significant adults in their lives. Children who are forgiven can forgive others and relate to a God who forgives. A specific way to ritualize forgiveness in a family context is to design a family reconciliation service. Such a service can be as simple as having each family member write a hurt, she or he has been clinging to, on a slip of paper. Each person can read the hurt aloud or not, as each chooses. Focus, however, on the desire to forgive rather than the hurt. Read Matthew 18:21-22 or the parable of the unforgiving servant (Matthew 18:23-35). Burn the papers in a fire-proof bowl. Pray together for God’s forgiveness and the persons who have been forgiven.

No one of these suggestions will remove the violence in the lives of our children or in the world around us. However, each step in the direction of peace and empowerment and reconciliation is a powerful antidote to violence. And each step leads to another step. May we begin walking, walking together and in the loving presence of our God.
RULES FOR FAMILY MEETINGS

1. One person speaks at a time.
2. Everyone gets to talk.
3. Name-calling is not permitted.
4. Any solution that does not hurt others should be considered.
COME TO THE FAMILY MEETINGS!