

**A Season for Nonviolence**  
February 2010

# Parenting *Rules!*

**It is possible to live in peace. - Mahatma Gandhi**

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You are invited to join in A Season for Nonviolence which is a national 64-day observance dedicated to demonstrating that nonviolence is a powerful way to strengthen and transform our communities. Created in 1998, by Mahatma Gandhi's grandson, it was inspired by the memorial anniversaries of the assassinations of his grandfather and Dr. Martin Luther King, Jr. A Season for Nonviolence honors their vision for a nonviolent world through daily personal practice and community commitment.\*



Prevent Child Abuse RI invites you to join us in celebrating

**A Season for Nonviolence**

**January 30 to April 4**

We encourage families, schools, and other organizations to share with their children the principles of peace, compassion and nonviolence.

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**Peace is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, quietly building new structures. - John F. Kennedy**

Did you know that according to the Dept. of Health & Human Services 60% of kids in the US have been exposed to violence in the past year? The types of violence children are exposed to daily are things like road rage, television news reports, domestic violence, bullying and gang violence.



Children who regularly witness violence:

- Have weaker immune systems and higher stress levels
- Experience depression and anxiety
- Have poor anger management skills
- Lack compassion and empathy
- Take part in risky behaviors
- In extreme cases, have symptoms of Post Traumatic Stress Syndrome

**The purpose of A Season for Nonviolence is to create an awareness of nonviolent principles and practices as a powerful way to strengthen communities.**

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**At the center of non-violence stands the principle of love.**  
– Martin Luther King, Jr.

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**If we are going to turn the tide of violent behaviors toward peace in our communities, we need to start with our youth.**

Parents, teachers and caregivers can all work towards teaching children nonviolent, peaceful ways to resolve conflict and interact with others.

The following are ways parents and caregivers can create and promote safe, violence-free environments for children:

- Establish an environment at home and school that encourages respect, support and compassion and does not tolerate bullying or violent behaviors.
- Learn peaceful conflict resolution and negotiation skills that you can teach your children.
- Turn off the television, especially the news during family time.
- Choose non-violent toys and entertainment for your family.
- Build positive connections in your neighborhood and community.
- Teach your children to value sportsmanship, respect for others, community service and compassion.
- Join us in celebrating of A Season for Nonviolence. Visit us at [www.preventchildabuse-ri.org/seasonfornonviolence.html](http://www.preventchildabuse-ri.org/seasonfornonviolence.html) every Friday throughout the “season” to read the daily practices for each week.
- Receive and share a daily peace quote. To receive the daily peace quote by email, contact us at [info@preventchildabuse-ri.org](mailto:info@preventchildabuse-ri.org).

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### Resources for Parent, Teachers and Caregivers

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#### **A Season for Nonviolence – 64 Days Practice**

c/o Center for Spiritual Living  
International Place  
4801 Spring Valley Road, Suite 115 Dallas, TX 75244  
972-866-9988, ext 215      [www.64-days.org](http://www.64-days.org)

#### **Partnership to Address Violence Through Education**

401-464-2004      [www.paveri.org](http://www.paveri.org)

#### **Peaceful Parenting Inc.**

PO Box 1315 Charlestown, Rhode Island 02813  
401-662-5788      [www.peacefulparenting.com](http://www.peacefulparenting.com)

#### **Learning Peace**

(609) 397-8432      [www.learningpeace.com](http://www.learningpeace.com)

#### **Teaching Tolerance**

A Project of the Southern Poverty Law Center  
400 Washington Ave. Montgomery, AL 36104  
(334) 956-8200      [www.tolerance.org](http://www.tolerance.org)

\*adapted from Daily Practices that Make a Difference

### ABOUT PARENTING RULES! E-NEWS...

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Prevent Child Abuse Rhode Island  
500 Prospect Street Pawtucket, RI 02860  
ph: 401.728.7920 fax: 410.724.5850  
[www.preventchildabuse-ri.org](http://www.preventchildabuse-ri.org)

Please share this information with the families in your programs. Thank you!