

A Season for Peace and Nonviolence

March 2011

# Parenting *Rules!*

Peace cannot be achieved through violence; it can only be attained through understanding. - Ralph Waldo Emerson

Prevent Child Abuse RI invites you to join us in celebrating

A Season for Peace and Nonviolence

January 30 to April 4



A Season for Nonviolence 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 Peace and Nonviolence honors their vision for a nonviolent world through daily personal practice and community commitment.\*

\*adapted from [Daily Practices that Make a Difference](#)

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It is possible to live in peace. - Mahatma Gandhi

You may be surprised to know the Dept. of Health & Human Services reports that 60% of kids in the US have been exposed to violence in the past year. Children are exposed daily to violence like: road rage, television news reports, domestic violence, games and media with violent content, bullying and gang violence.

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

Children who regularly witness violence:

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



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Peace is the respect for the rights of others. - Benito Juarez

In order to change violent behaviors into peace keeping efforts, we need to begin with our youth.

Parents, teachers and caregivers can all work together to teach children nonviolent, respectful ways to resolve conflict and interact with others.

Here are some ways adults can create and promote safe, violence-free environments for children:



- Choose non-violent entertainment for your family.
- Turn off the television, especially the news during family time.
- Build positive connections with your neighbors.
- Teach your children to value sportsmanship, respect for others, community service and compassion.
- Learn peaceful conflict resolution skills that you can teach your children.
- Establish an environment at home and school that encourages respect, support and compassion.
- Do not tolerate bullying or violent behaviors.

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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)

#### 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)

#### 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)

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

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Prevent Child Abuse  
Rhode Island

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