

AGAPE

A PEACEMAKING
GUIDE FOR KIDS

MAKING PEACE



OCTOBER 2024
ISSUE 02 / MAKING PEACE



ON EARTH PEACE

Hi friend!!
The editors haven't given
me a name yet...
**CAN YOU HELP ME
FIND A NAME?**



**DO YOU HAVE A NAME IDEA
FOR ORBY'S OLDER SIBLING?**

Send your name suggestions to:
children@onearthpeace.org

DEAR READER,

Welcome to our new issue of Agape! Today, we're going to learn together about what making peace looks like in our lives.

Sometimes, relationships and friendships can be really hard, especially in moments of conflict.

But what we want you to remember is that **you are strong, brave, and capable**. Sometimes, facing conflict is scary, intimidating, sad, and can make you really nervous or worried. But, remember that it's hard because **it's important and the right thing to do**.

We wrote this issue to **give you the tools and knowledge you need to help make these situations easier**.

You'll learn what consent and boundaries are and how to practice them, what beloved community is, what conflict is, and some ideas on how to navigate them.

**We hope that you can use these tools to become a peacemaker in your life!
You got this, we believe in you.**

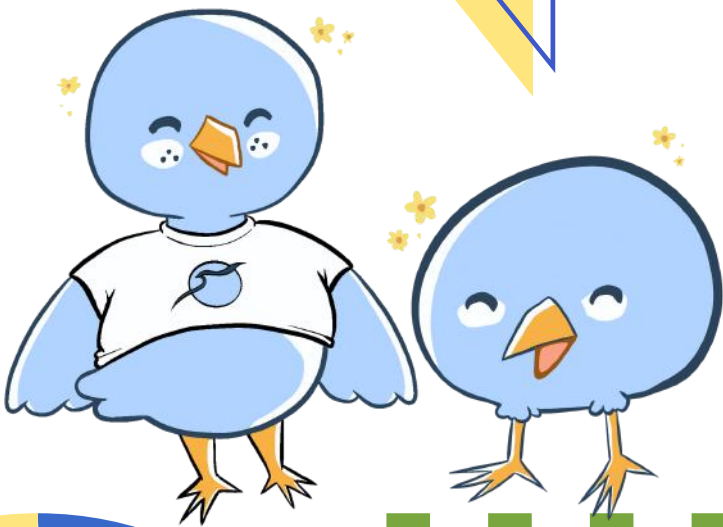


Emi Kanamura

Editor-in-Chief

Contents

Hi reader!
We're so excited to guide
you through our 2nd
magazine as your OEP
peacemaking guides!



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WHAT IS PEACE?

By Marie Rhoades

Making peace is something we all practice every day. Making peace with each other allows us to be in community, friendships, and family.

Making peace looks like resolving fights with your friends or siblings, respecting and caring about the opinions of those who are different from you, standing up for yourself and your boundaries, being there for your friends, and admitting to your mistakes.

PEACE TAKES WORK AND IS AN ONGOING PROCESS. PEACE, LIKE LOVE, GOES BEYOND DIFFERENCES BETWEEN PEOPLE.

What is peace? Some people say peace is when everyone gets along. At On Earth Peace, we believe it is that and more.

Peace is building a community of people who are all valued by each other, are committed to loving and supporting each other, and have meaningful ways to contribute to the group's shared values.

Dr. Martin Luther King Jr described this type of as the Beloved Community, which is “the framework for the future.”

Sometimes, peace isn't just achieved by being nice to others. Sometimes, making peace means stirring up conflict.

When we see that people are not being treated fairly or when we are not being treated fairly, it is important to speak up and ask for things to change.

MAKING PEACE ISN'T AGREEING WITH EVERYBODY OR BEING QUIET JUST TO GET ALONG. MAKING PEACE IS WORKING HARD SO EVERYONE CAN BE INCLUDED AND VALUED, INCLUDING YOURSELF!

Sometimes, making peace means listening to how we may have done something wrong. Sometimes, making peace is saying out loud how we have been hurt.

Sometimes, making peace means noticing when someone else is hurt and standing with them. Sometimes, making peace is saying no. Sometimes, making peace is a lot of work, and can be really hard (for adults too!).

The good news is we have lots of practice making peace in our daily lives, and we can learn and get better at it. (Just like we get better at anything we practice—like musical instruments or sports.)

In this magazine, we will share lots of tools for making peace. We think you'll recognize some of them! We ask you to practice them in your communities, schools, families, and friendships.

WE ASKED SOME FRIENDS: HOW CAN YOU BE YOURSELF IN A GROUP OF PEOPLE?

“I CAN BE MYSELF BY FINDING SIMILARITIES WITH THE GROUP—EVEN IF IT SEEMS IMPOSSIBLE, THERE ARE ALWAYS SIMILARITIES THAT WE SHARE. WITH THAT SIMILARITY, I CAN CONNECT WITH THE GROUP WHILE ALSO CELEBRATING MY UNIQUENESS.”

MIKI, AGE 18



**“I DO MY OWN THING!
EVEN IF PEOPLE MAKE FUN OF ME,
I CAN IGNORE IT.”**

OWEN, AGE 7

“I FOCUS ON MY STRENGTHS AND GIFTS AS A PERSON, KNOWING I AM WONDERFULLY MADE TO MAKE AN IMPACT WHEREVER I FIND MYSELF. I ACKNOWLEDGE MY WEAKNESSES AND BACKGROUND, FOCUSING ON MY UNIQUENESS AS MY GEM. I HOLD ONTO MY FAITH IN GOD AND BELIEF AS A GUIDE AND I BELIEVE IN MY ABILITIES.”

NUBWA, AGE 37



BUILDING EMOTIONAL VOCAB

By Elizabeth Gaver

ANGER

can be described as a **heated feeling**—the feeling you get when someone says something about you that is untrue or someone takes something from you.

Types of Anger:

- **Frustration:** comes from not being able to change something.
- **Humiliation:** comes from being embarrassed.

HAPPINESS

can be described as a **positive feeling**, the smile on your face that grows when you get a piece of candy or someone tells a funny joke.

Types of Happiness:

- **Excitement:** happens when we are anticipating happiness.
- **Pride:** is when you feel good about yourself and your identity.

FEAR

can be described as **your brain's way of protecting you from dangerous things, people, or situations**. Fear protects us from the dangers that are right in front of us.

Types of Fear:

- **Anxiety:** based on the idea that there might be scary things in the future.
- **Insecurity:** is when you might feel like you are not good enough.



ANGER



HAPPY



FEAR

DISGUST

described as a feeling of **judgment**. It is the feeling you get when you eat a particular food you don't like or smell something stinky. Often disgust seems like **judgment against yourself or someone/something else**.

Types of Disgust:

- **Disapproving:** based on how we see other people. You might feel disapproving if you see someone breaking a rule or acting unkindly to others.
- **Disappointment:** comes from being denied something you expected.

SADNESS

can be described as a feeling of **negativity**—the tears that fall from your eyes, when someone hurts your feelings, or when you break one of your favorite toys.

Types of Sadness:

- **Guilt:** comes from doing something you feel bad about.
- **Loneliness:** comes from feeling alone.

SURPRISE

can be described as a feeling that comes from **not anticipating something**. You might feel surprised if someone gets you a gift when you weren't expecting one.

Types of Surprise:

- **Startled:** comes from an unexpected, scary event.
- **Confused:** comes from not understanding something. You might be confused by new information or by a lack of information.



DISGUST



SAD



SURPRISE

FROM BYSTANDER TO UPSTANDER:

USING YOUR VOICE TO MAKE PEACE

By Maree Iboaya

STORYTIME

Sammy loved playing soccer with his friends at school.

One day, during recess, he saw his friend Alex sitting alone on a bench, looking sad. Sammy ran over and gave Alex a big hug without asking.

Alex pushed Sammy away and said, “Stop! I don’t like hugs!”



Sammy was surprised. He thought everyone liked hugs. “I was just trying to make you feel better,” Sammy said.

Alex sighed and said, “I know, but I don’t like being hugged when I’m upset. It makes me feel uncomfortable.”

Sammy felt bad. “I’m sorry, Alex. I didn’t know that. What can I do to help?”

WHAT IS CONSENT?

CONSENT MEANS GIVING PERMISSION FOR SOMETHING TO HAPPEN OR AGREEING TO DO SOMETHING.

For example, when you want to borrow your friend's book, you need to ask them first. If they say "yes," that's giving consent. It's important because it shows respect for other people's feelings and belongings.

Consent comes in many forms because people have different experiences and different desires. Even if you are comfortable with something, it does not mean your friend or someone else is comfortable with it too.

REMEMBER, CONSENT SHOULD BE GIVEN FREELY, AND EVERYONE HAS THE RIGHT TO SAY "NO" IF THEY DON'T FEEL COMFORTABLE.

People can also change their mind about what they feel comfortable about at any moment.

They might be okay with hugs today, but tomorrow, they may not want one. **This is why it's important to never guess and always ask!**

Saying "no" is not being mean.

Being told "no" does not mean that your friend doesn't like you or that they're mad at you. **It is simply setting a boundary.**



WHAT IS A BOUNDARY?

A BOUNDARY IS A PERSONAL LIMIT YOU SET TO PROTECT YOUR OR SOMEONE ELSE'S COMFORT AND WELL-BEING.

Think of it like an invisible bubble around you. You get to decide who can come into your bubble and how close they can get.

Boundaries can be about physical space, like hugging, or emotional space, like sharing personal information or saying "no" to things that hurt you or others.

Remember, a "no" can be spoken or communicated through body language, so it is important that you pay attention to both.

RESPECTING BOUNDARIES MEANS UNDERSTANDING AND HONORING THE LIMITS OF OTHERS. IF SOMEONE SETS A BOUNDARY WITH YOU, DON'T TAKE IT PERSONALLY! REMEMBER, WE ALL HAVE DIFFERENT THINGS WE ARE COMFORTABLE WITH.

Respecting someone's "no" is really important in friendships and makes them stronger!

WHAT IS VALIDATION?

VALIDATION IS ABOUT SPEAKING IN WAYS THAT SHOW THAT YOU RESPECT ALL PEOPLE, NO MATTER THEIR RACE OR BACKGROUND.

Even small comments and actions can be hurtful and make someone feel ashamed about their race, culture, identity, or ability.

These comments and actions are sometimes called **microaggressions**.

They might seem like a joke or not a big deal to you, but they can be very painful because they point out differences in someone's identity (which they cannot change because it's who they are).

IT'S IMPORTANT TO PRACTICE LISTENING THAT MAKES PEOPLE FEEL SEEN, HEARD, AND RESPECTED.

This includes acknowledging their feelings and experiences as important and real.

Showing the other person that you understand their experience and care about them is a form of validation.

STORYTIME

Maria was excited about lunchtime.

Today, she had brought her favorite food, tamales, a delicious dish her mom made for special occasions. She couldn't wait to share the yummy smells with her friends.

As Maria sat down and opened her lunchbox, the delightful aroma of the tamales filled the cafeteria.

Just then, her classmate Jake walked by and wrinkled his nose. "Ew, what is that smell?" he said loudly. "It looks weird. Why don't you bring normal food like everyone else?"

Maria's smile faded. She felt embarrassed and hurt.

She loved tamales, and her mom had worked hard to make them. She didn't understand why Jake was being so mean about her food.

Their friend Emma, who was sitting nearby, noticed what happened. Emma knew it wasn't okay to make fun of someone's food or culture. She decided to speak up.

**What do you think she said?
What would you say?**

HOW TO SET BOUNDARIES & STAND UP AGAINST HURTFUL COMMENTS

Here are some steps to help you stand up for yourself and others:

1 SPEAK UP

If you hear someone say something hurtful, use your voice to let them know it's not okay.

BEING DIRECT AND FIRM IS NOT BEING MEAN, AS LONG AS YOU ARE BEING KIND WITH YOUR WORDS. YOU CAN SAY:

"Please don't say things like that."

"That's not a nice thing to say."

"What you said was hurtful."

"Can we change the topic? I don't want to talk about this."

"Please don't talk to me like that."

Also, speak up to set a boundary. Make it clear when something is **NOT** okay with you. When expressing a boundary, it is good to be clear and okay to say **"NO!"** You could also say:

"No, I don't want to do that."

"No, I'm not ready to share about that."

"It is not okay with me when ____." When you can, be specific!

"It is not okay with me when you use that language around me."

"It is not okay with me when you talk about them like that."

2 EXPLAIN WHY IT'S HURTFUL:

Help the person understand why their comment was wrong.

SOMETIMES, YOU CAN DO THIS IMMEDIATELY; SOMETIMES, IT MAY TAKE TIME TO SHARE HOW YOU WERE HURT. YOU CAN SAY:

"Comments like that can make people feel bad about themselves."

"That comment really hurt my feelings because ____."

"It's important to respect everyone's culture and background."

"I don't think we should talk about this because it can hurt someone else."

3 ASK FOR HELP IF NEEDED:

If the situation feels **too big or hard to handle on your own**, talk to a teacher, parent, or another trusted adult. They can help make sure everyone feels safe and respected.

SECRETS ARE OKAY IF THEY ARE SAFE, HEALTHY, AND KIND. BUT, IF ANY OF THOSE ARE NOT TRUE, YOU NEED TO GO TO AN ADULT. TELLING AN ADULT IS NOT TATTLING!



4 OFFER THE OPPORTUNITY TO REPAIR THE RELATIONSHIP:

All relationships have times when people need to offer an apology.

APOLOGY ISN'T JUST THE PHRASE, "I'M SORRY." IT INCLUDES REPAIRING WHAT HAPPENED.

This might look like:

- **Admitting that you were wrong and making a plan to prevent it from happening again.**
- **Taking opportunities to learn more.**
- **Demonstrating that you understand the boundary that is set and not push for a different one.**

5 PRACTICE USING KIND AND RESPECTFUL WORDS

To help avoid saying hurtful things yourself, practice using kind and respectful words.

HERE ARE SOME TIPS:

1. THINK BEFORE YOU SPEAK:

Ask yourself if your words might hurt someone's feelings or make them feel uncomfortable.

2. BE CURIOUS AND RESPECTFUL:

If you're curious about someone's culture or background, ask kindly. For example, "Can you tell me more about your holiday?"

3. LISTEN AND LEARN:

If someone tells you that something you said was hurtful, listen and learn from it. When someone shares their experiences or talks about their culture, listen carefully and learn from them.

By practicing these steps and using kind, respectful words, you can help make your school and community a better place for everyone and **make peace!**



**YOUR VOICE IS POWERFUL,
AND YOU CAN MAKE A BIG
DIFFERENCE!**

**COMMUNICATING ABOUT
BOUNDARIES AND CONSENT
HELPS EVERYONE FEEL SAFE
AND RESPECTED.**

WHAT IS BELOVED COMMUNITY?

By Anesu Makufa

BELOVED

WHEN YOU THINK OF THE WORD 'BELOVED,' THINK OF SOMEONE CLOSE TO YOU. THIS COULD BE YOUR MOM, DAD, SIBLING, FRIEND, OR PET. IT IS SOMEONE WHO KNOWS HOW IT FEELS TO BE LOVED BY YOU.

Love in this context is relating to **agape love**, the kind that is selfless and without limits, whenever you do something for someone else without looking for something in return.

If you imagine your heart like a flame, your beloved is someone who can feel the warmth of your fire, who sits by your hearth, and sees the light of your heart.

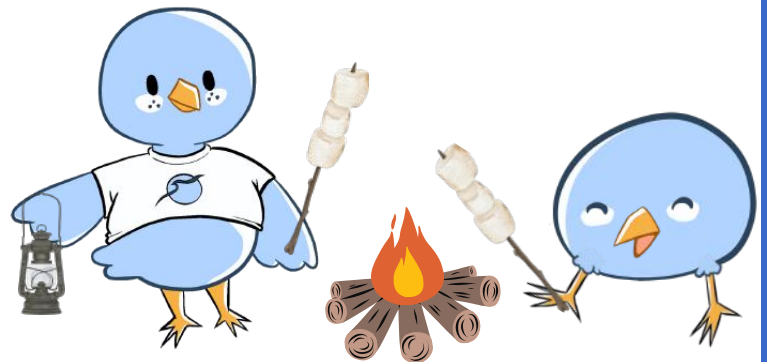
COMMUNITY

WHEN YOU THINK OF 'COMMUNITY,' THINK OF THOSE WHO CAN SHOW YOU HOW TO BE LOVED.

This could be your friends, your schoolmates, your religious community, or your next-door neighbors.

Imagine a campfire made up by everyone's flame. No matter the size or amount you bring, it's more than enough when combined.

It's the feeling you get when you see the flames dancing in their eyes, and realize that the same fire is reflected in your own eyes too.



'Ubuntu' is a similar African philosophy that says, "I see the love and humanity in you, and I know they are real because of the same way you see them in mine."

Putting it all together, the Beloved Community includes the people you can trust and those who put their trust in you. You bring out the best in each other through love, patience, and understanding.

FRAMEWORK



When you think of ‘Framework,’ imagine that a photo of the campfire was taken, a perfect memory, hung up in the living room.

The frame helps to hold the picture in place. It's got a scribbled date at the bottom, so you know when the picture was taken, and helps to serve as a reminder until you do it again.

THE FRAME IS LIKE A PLAN: YOU KNOW WHO NEEDS TO BE THERE, WHEN IT NEEDS TO HAPPEN, WHAT EACH COMMUNITY MEMBER NEEDS TO DO TO MAKE IT HAPPEN AGAIN.

The love of the community is the context that reminds you of why your presence matters and why your presents (gifts/skills) matter.

Putting it all together, the Beloved Community as a Framework, is a shared vision you have of the way things can be when people gather together.

FUTURE

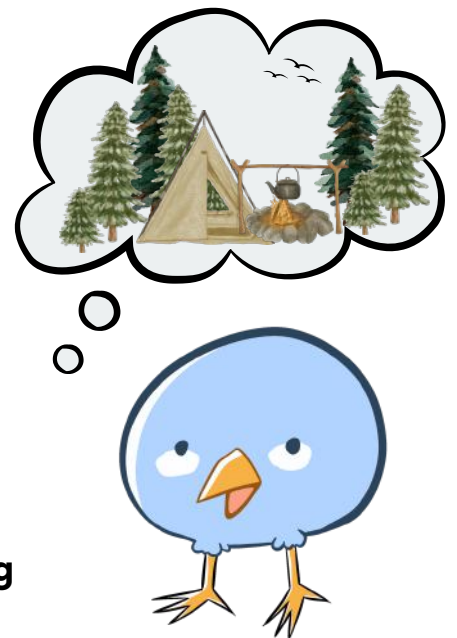
WHEN YOU THINK OF ‘FUTURE,’ THINK OF THE MEMORIES YOU ARE STILL TO MAKE WITH PEOPLE YOU LOVE.

Imagine it is a year later since that day the campfire photograph was taken, and now it is only one month away from camp starting again. You have planned for it and worked towards it together, and soon you will have that moment of joy and love again with people you care about. You will take another photo and place it in the frame to recall this year's gathering.

The future is always ahead of us, guiding us, beckoning us, encouraging us.

Sometimes it can be scary because the future can have unknowns, changes, and difficulties. But, these challenges are not meant to beat us, but to boost us to new heights of what we can become together.

Dr. King said, “The Beloved Community as a Framework for the Future.” This is a reminder that challenges are opportunities when we face them together. The future is brighter because you all are in it together.



KINGIAN NONVIOLENCE

Kingian Nonviolence Family Pack is a six session packet of activities designed to do around a dinner table. Each Principle is explored through discussions, games, art, and experiences and made for all ages, 3-93+!



KINGIAN NONVIOLENCE
PRINCIPLE TWO

The Beloved Community is the framework for the future



LET'S DISCUSS...

What does community mean to you?

What does beloved or being loved mean to you?

What do we need to make a Beloved Community?

What would you like to see in your future Beloved Community?

LET'S PLAY!

UNIQUE AND SHARED:

As a community yourself, find five things you all have in common with one another. For example we all like dark chocolate, we all like swimming, we all speak two languages.

Then find two things that are unique to just you. For example, I am the only one who goes to dance class, I am the only one who like history, etc.



LET'S GET CREATIVE!

Make a Beloved Community mural!

Design your own art mural that could be on display and shows what Beloved Community means to you!

If you live somewhere with a sidewalk/driveway, consider creating it with chalk!

RESOURCES:

1. Large Paper
2. Writing/Coloring Materials/Chalk
3. Other Fun Art Materials

LET'S SHARE!

Don't forget to share your amazing photos of your Beloved Community art murals to children@onearthpeace.org

We would love to share them on our social media!



TAKE AWAY AND EXPLORE MORE

What can we do to help build the Beloved Community around us and support others?

If your town has murals/mural walk, **find and share your favorites with us!**

Find out about local events in your community that you would like to get involved in.



HOW DO YOU HANDLE C-O-N-F-L-I-C-T ?

By Sydney Goldsborough



WHAT IS CONFLICT?

Conflict is a **struggle between people or differing ideas**, like a fight with your friend or someone being mean to you. **It drives us towards change within ourselves and for our world.**

But, figuring out conflict can present challenges for people of all ages. Let's explore some powerful strategies to transform (change) how we handle conflict and view conflict as an opportunity for growth rather than something to avoid.

In times of conflict, let's spell it out!



As siblings, we definitely know a thing or two about conflict right?

Yes we do! Where did you put my Nintendo Switch again?



C**O****N****F**

C- COURAGE

Courage involves “making good choices in the face of fear or obstacles.” Courage is being **brave**.

It takes courage to approach the individual(s) you are in conflict with and express your thoughts and emotions.

You might be afraid or scared of how they will react to you, but it's okay because you are making a good choice by not letting the conflict linger.

Sometimes, it's easier to run away from these situations, but choosing to face it is the right and more courageous thing to do.

YOU'RE DOING THE RIGHT THING!



O- OPEN AND HONEST CONVERSATION

When you are in conflict with someone, it is best to be **honest** with the other person.

Being honest is telling the truth instead of lying or choosing not to talk with them. It can be difficult to know what to say, but it is always best to **speak from the heart**.

People who care about you will want to know if you are upset, why, and how to make it better.

You also need to be **open** to hearing and understanding the feelings and thoughts of the people you are in conflict with so you can find solutions and discover new ways of healing your relationships.

Remember, the goal is working together to find a solution, not to hurt and attack each other.

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N- NORMAL

Conflict is a **normal** part of our everyday lives. Every single person on this planet experiences conflict.

You are not alone.

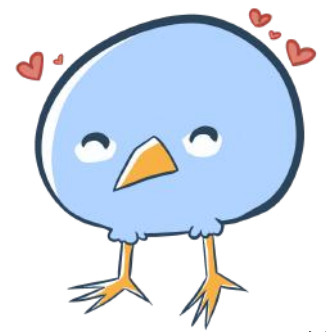
Conflict can be an opportunity for something new and good to begin if we are willing to work through it.

F- FEELINGS

Feelings are feelings.

The most important thing we can do is be aware of our feelings and how we express them.

Dealing with your feelings is just as important as dealing with the issues in the conflict.



L- LEVELS OF CONFLICT

To tackle conflict, we need to understand there are different levels of conflict.

Sometimes, we can deal with conflict one-on-one, and sometimes, we need someone to help us.

Knowing how the conflict is building up and what level it is at can help us know when to turn to a trusted friend or adult.



I- IDENTITY BUILDING

Identity is who you are, the way you think about yourself, and things that you choose to describe yourself.

It's the combination of everything that makes you unique and special.

We build our identity from what we are born with to the challenges we face to the things we discover as we grow older.

Through conflict, your identity develops as you discover what is important to you, such as your thoughts and opinions on a particular issue.

You'll make some mistakes as you grow—learn from them. **Think of moments of conflict as missions to make yourself stronger!**



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C- COMMUNITY

Community is “about sharing something important to you with other people.”

Everyone has the power to build community with others by sharing experiences and developing relationships.

Approaching conflict with courage and honesty can help you improve the relationships within your community.

Community also can **serve as a space to support, love, and empower you.**

T- TRANSFORM

Transformation is change.

By practicing these tools, you’re practicing conflict transformation—seeing peace and opportunity within conflict and helping to strengthen your relationships and the world.

Conflict is a beautiful chance to transform.

EXERCISE

It’s always okay to feel **BAD**, or **MAD**, or **WILD** for just a little while. And when that while is over, it feels good to move on.

You can **BREATHE IN** what makes you feel calm and peaceful, and **BREATHE OUT** what makes you feel out of control or sad.

SOURCE: I Am!
Affirmations for Resilience.

NOW YOU HAVE THE TOOLS TO START WORKING ON IT IN YOUR OWN PERSONAL WAY.

TOGETHER, WE CAN ALL SEE CONFLICT AS AN OPPORTUNITY FOR GROWING AND DEVELOPING INTO OUR BEST SELVES.

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ASK EMI:

Hi friend!

First, **let's take a deep breath together.** This is a really tough situation to be in, and it is totally okay to be sad, upset, angry, and feel the knots in your stomach.

GIVE YOURSELF SOME TIME TO SIT WITH YOUR EMOTIONS AND TAKE A FEW DEEP BREATHS TO HELP YOU.

THINK ABOUT THESE QUESTIONS:

(You can either write your answers down on a sheet of paper or just think through them in your head!)

- **What exactly happened?**
- **What emotions are you feeling right now? (refer to page 5-6)**
- **How did you feel when it happened?**
- **Where are you feeling the emotions? Do you feel your stomach twisting? Face flushing? Heartbeat racing? Shoulders rising?**

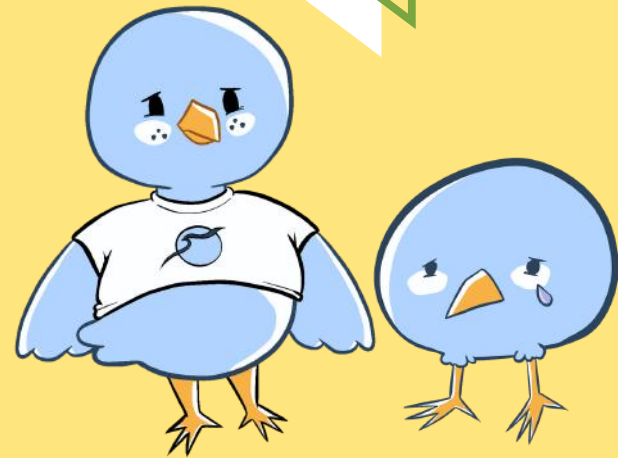
It is absolutely okay to feel this way—it's really hard to hear people you care about talking badly behind the back of someone else you care about.

This is a difficult situation, but remember, you CAN DO difficult things.

Now, let's practice separating the action from that person.

Just because your friend did a mean and bad thing, it doesn't mean your friend is mean and a bad person.

"I HEARD A FRIEND TALKING BADLY ABOUT ANOTHER FRIEND OF MINE. WHAT SHOULD I DO?"



But, this doesn't mean what your friend did is okay, either. Gossiping (talking about other people without them knowing or being in the conversation with you) is never acceptable and simply isn't a kind, considerate thing to do.

NOW, YOU HAVE A FEW OPTIONS ON YOUR ACTION PLAN:

1. You could tell your friend next time they say something about your friend and ask them nicely to stop.

For example: "Natalie, could we change what we're talking about? I don't like it when we talk about my friend in that way because I care about her and she's important to me. I think her feelings would be really hurt if she heard this conversation, so I don't think we should talk about her behind her back."

2. You can tell a trusted adult in your life to ask them for help in talking to the friend.

For example: "Hi Ms. Jones! Yesterday, Natalie was talking badly about my friend, and it bothered me and made me uncomfortable. Could you help me by talking to me with her about it?"

It could be your parent, your teacher, your school counselor, or any adult you feel comfortable talking to! What would it take for you to go with the adult to your friend(s)? **It takes a lot of courage!**

Avoiding the problem and not talking to your friend, even though it's SO much easier, **won't help solve the problem.**

Friendships should feel safe—both physically and emotionally.

Feeling physically safe means feeling that your body is safe and that you are in safe hands. Feeling emotionally safe means that you can trust your friend not to make you feel bad about yourself or pressure you to do something you don't want to do.

To be a friend, sometimes, you may need to confront them when a friend is wrong **and upstand** when a friend is being mistreated/misrepresented.

This is hard, but you're doing the right thing and being a good friend. You got this!

A LETTER TO YOU:

HAVE YOU EXPERIENCED
BEING THE PERSON BEING
TALKED BADLY ABOUT?



KEEP READING!



I'm really sorry that you're in this situation. As someone who's experienced this, I know it hurts and is very painful.

When we have other people saying hurtful things about us, it can be hard to love ourselves in that moment. When this happened to me, I remember feeling a lot of hurt, shame, guilt, and a feeling that I did something wrong and that I was not good enough. How are *you* feeling?

Over the years, I've realized that we don't need to change ourselves to please other people.

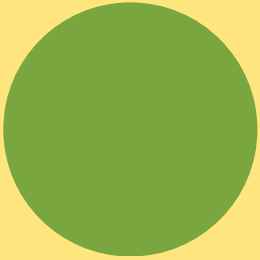
Sadly, not everybody will always like us or be nice. **But this doesn't say ANYTHING about you.**

It can be really easy to seek the approval of the people who say these mean things, but we don't need those people to like us.

LEARNING THIS IS HARD, BUT IT'S AN IMPORTANT REALIZATION WHEN GROWING UP—WE ARE LIVING OUR LIFE FOR OURSELVES, IN RELATIONSHIP WITH OTHERS! IF IT MAKES YOU HAPPY (AND IT'S SAFE AND KIND), THAT'S A GOOD ENOUGH REASON TO DO IT!



If this has happened multiple times with the same people, these people may not be good friends to you.



True friends are the people who make our hearts feel warm and fuzzy, who believe in us unconditionally, who are always there to listen and support us when we feel sad or angry, and celebrate us just as we are.

I know it can be tricky, but saying “no” to friendships like these is an important boundary (see page 8) to set to protect our emotional health.

WHEN PEOPLE HURT US, IT'S OUR MOST IMPORTANT TIME TO BE FIRM YET KIND.

If this has only happened once and you still want to be friends with those people, you could talk to them about it! **Remembering the article above, here are some phrases you can try:**

“Hey Natalie, I heard you saying bad things about me to Thomas, and it was really hurtful and made me sad. Please don't do it again.”

“Hey Natalie, I heard you didn't like what I wore the other day. But it's something that I love to wear and something that means a lot to me. Please don't say mean things about it again because it makes me really sad.”

Remember, be nice but firm. Tell your friend how you feel and that you do not want it to happen again.

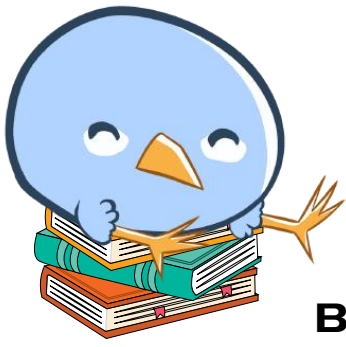


AFFIRMATION:

In conflict, there may be disputes that cause you to feel jealous or left out, give yourself a hug and say: “I AM LOVED!”

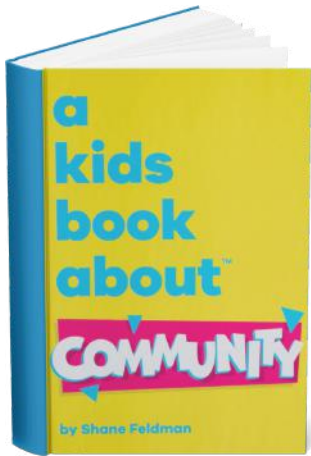


You can do it! Love, Emi



BOOKNOOK

Books To Continue Conversations about Making Peace



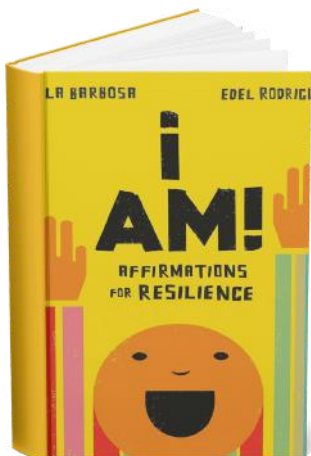
***A Kid's Book
About:
Community***

by Shane Feldman



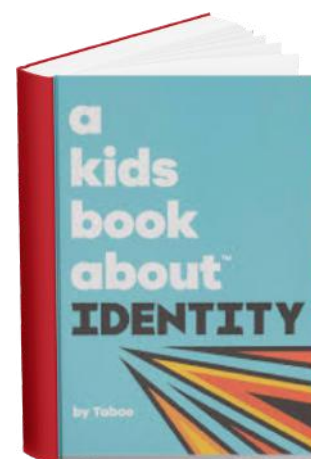
***Welcome to
Consent***

by Yumi Stynes &
Dr. Melissa Kang



***I am!:
Affirmations for
Resilience***

by Bela Barbosa &
Edel Rodriguez



***A Kid's Book
About: Identity***

by Taboo Nawasha





Journal Entry Date:

How will YOU be yourself in a group of people?

What tools are you ready to use for the next time you're in a conflict?

**What does beloved or being loved mean to you?
How does it make you feel?**

NOTICING FEELINGS IN YOUR BODY

I know I'm feeling angry when...



I know I'm feeling disgusted when...



I know I'm feeling happy when...



I know I'm feeling sad when...



I know I feel fear when...



I know I feel surprised when...



Thank you to all our contributors!
And to you, dear reader!
See you next time for our
“Pursuing Justice” Issue!



A special thank you to
the creator of our dove
hosts: Elizabeth Gaver!

CITATIONS

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AGAPE

A PEACEMAKING GUIDE FOR KIDS



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