

# AGAPE

A PEACEMAKING  
GUIDE FOR KIDS

WE  
STRIVE  
FOR  
PEACE

## RESISTING WAR

MAY 2024  
ISSUE 01 / RESISTING WAR



ON EARTH PEACE



## DEAR READER,

Thank you for caring about resisting war and reading our magazine!

Learning about war is difficult and can be very emotionally challenging. So, let's start by taking a deep breath together! I want you to write a really big 8 on a piece of paper next to you, or even in the blank space on this magazine. Now, turn it sideways! It should look like the one drawn here:

Let's do some breathing exercises with the beautiful 8 you've drawn together. I promise, it helps! Put your finger at where the star is on your 8.



Now, we're going to trace our fingers downwards along the line of the 8 and continuously breathe out as we do so. When the line curves up, take a nice, deep, and slow breath in. When the line goes down again, take a nice and slow breath out. Let's repeat 5 times. Great job! I am so happy and proud of you for doing this with me.

Keep this as a tool in your magic toolbox as you keep reading this magazine! You can also use it to help you whenever something upsets you or seems hard. Happy reading!



*Emi Kanamura* Editor-in-Chief

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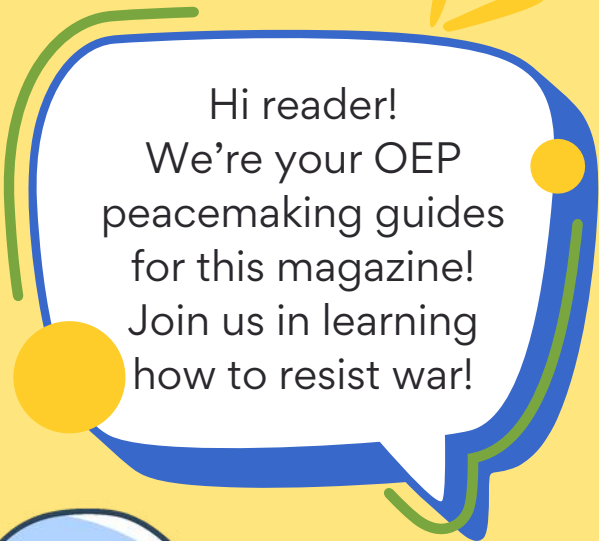
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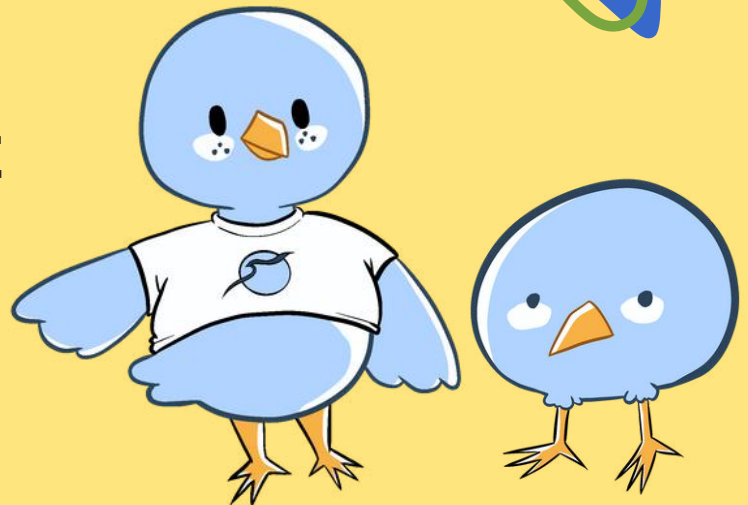
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**FAMILY ACTIVITY**



Hi reader!  
We're your OEP  
peacemaking guides  
for this magazine!  
Join us in learning  
how to resist war!



# WHAT IS WAR AND HOW DO WE RESIST IT?



By Marie Rhoades



At On Earth Peace, we have a dream of a world with no oppression, no violence, and no war.

The Agape magazine series will introduce you to how you can resist war, make peace, and pursue justice. We look forward to exploring these ideas together as we work toward our dream.

War is so big and happens in so many places.

Simply put, war hurts people like you and me and separates families like yours and mine. It takes away important resources like having enough food, clean water, or a safe shelter. It also robs people of valuable opportunities like going to school, seeing/making friends, and playing outside. It can be hard to know how to respond and what can be done to stop war.

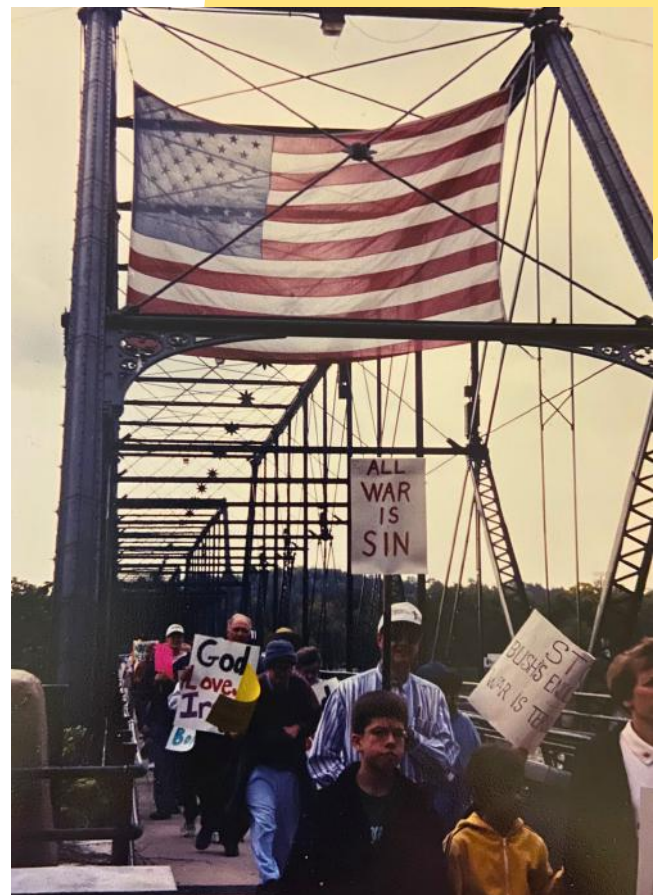
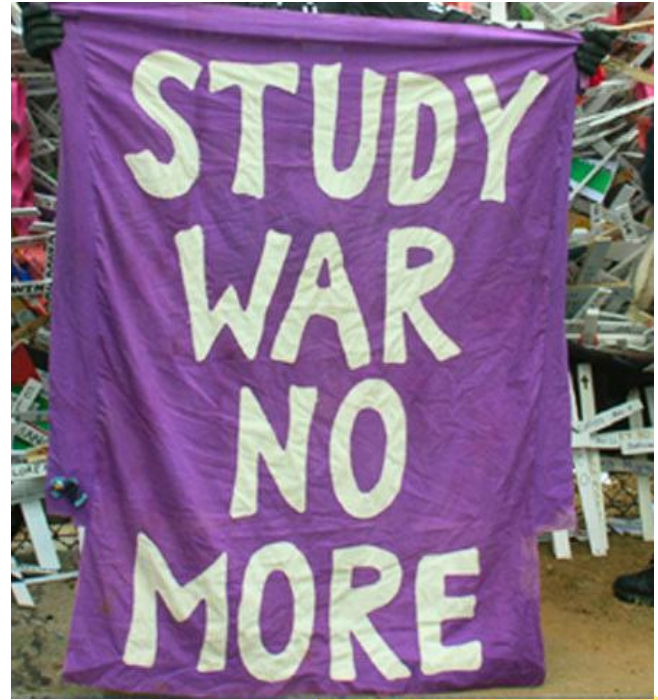
**As long as there has been war, there have been people who resist war, who fight against the idea that violence is needed to solve conflicts, and who work to stop the things that lead to war.**

**Dr. Martin Luther King Jr. taught that “Nonviolence is a way of life for courageous people.”**

Saying no to war and actively working to stop the things that lead to war is courageous. People who refuse to participate in war are called **conscientious objectors (COs)**. Many COs say no to war because of their faith, which reminds them that all people are created by God and that we need to care for our neighbors. This is true across different religious traditions.

**Saying no to participating in war is important, but it is not enough. It is also important to end the things that lead to war.**

This means making sure that everyone has the resources they need to live a full life--enough food and water, a safe place to live, meaningful things to do, and a community that cares for one another. It means not being afraid of people who are different, but instead learning from each other. And it means that we need to create a global community willing to put aside individual desires for power and wealth so that we can live in peace.



# WE ASKED SOME FRIENDS: **HOW DO WE PREVENT WAR?**

Together, we can prevent war from happening by embracing and accepting each other's differences and focusing our efforts on community building and creating a world where everyone can thrive.

I want to share a quote from Maya Angelou that beautifully expresses the need for community: ***"We need joy as we need air. We need love as we need water. We need each other as we need the earth we share."***

**SYDNEY, AGE 24**

"How do you stop war from happening?"

- o "You stop hating people."

"And how do you stop hating people?"

- o "You meet people and talk to people like Grandma does... and Poppop and Granddad and Opa."

**JOB, AGE 6**

"We can prevent war by spreading the message of peace and unity. The history of war had almost always started from confusion about others and the need to be in control. If we all submit to the knowledge that our differences are what make us stronger, we can promote the message of peace and celebrate one another instead of fighting."

**EKERIA, AGE 16**

# HOW DO WE PREVENT WAR? / 06

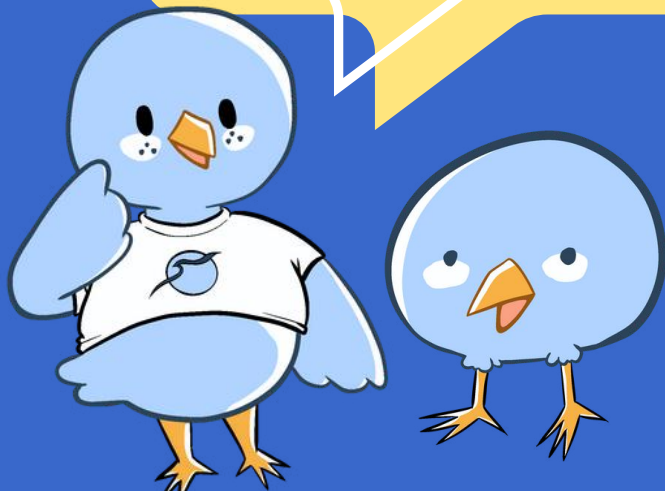
"Make friends with people from other countries that you meet where you live. Learn their stories and have fun with them. Though they may seem different in some ways in what they like and what they do, look for the ways we are all alike and can all be friends. Then you will know in your deepest heart that you don't want anyone to suffer in war, even people who are in other countries and who are very different from you, and you can be one of the people who helps to keep the world at peace."

**MARY LOU, AGE 80**

"God is love and war is an act of hate. So, God is the opposite of war. We can be like God and choose love over revenge. "

**MARYLYNNE, AGE 10**

**Now that we've heard some ideas  
from our friends, how do you think  
YOU can resist war?**



# BANA ALABED

## 9-YEAR OLD CHANGEMAKER FOR PEACE



She is a child just like you! She is eager to make the world a better, place just like you! With the courage to build community, she brings hope just like you!



By Sydney Goldsborough

Featured Photo: Bana Alabed (@AlabedBana), Photograph of Bana in school uniform. *Twitter/X*, Sept. 18, 2017, 3:36PM, <https://twitter.com/AlabedBana/status/909863814711201793>

### About Bana Alabed, Peace Advocate:

Syria is a beautiful country in the Middle East known for its ancient cities, delicious food, and many different landscapes including seas, deserts, and mountains. Arabic is the official language and most individuals are Muslim, but they also welcome people of all faiths and cultures. Bana Alabed was born there in 2009.

Like many children around the world, Bana loves attending school, reading magical books like Harry Potter, and playing in her garden with her siblings and friends. But experiencing the civil war in Syria, Bana also struggles with the impacts of conflict and war on her daily life. Every day, one in five children live with the danger of losing their loved ones, being forced to leave their homes, and fearing for their lives because of war conditions.



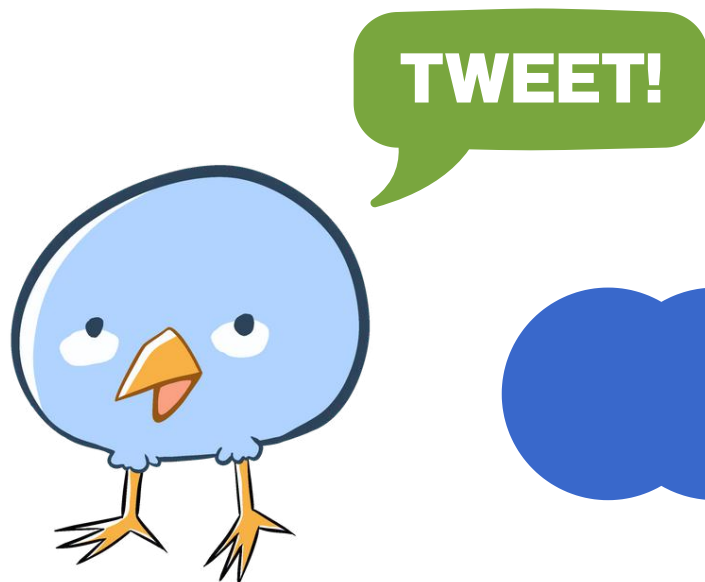
In 2016, Bana bravely shared her experience of living through a war on social media to educate people on what was happening and to advocate for peace. Her social media posts became popular all around the world because they showed the impacts of war on her everyday life and inspired many people to fight against it.

***“Being 9 years old is difficult and easy”: Realities of Living in War***

Before the war, Bana remembers a time when she could freely explore her beautiful home country without any fear. As a big sister, she always cared for her two younger brothers with love. But one morning, everything changed when she woke up to get dressed for school and the ground was violently shaking as glass shattered everywhere. The war was approaching closer to her home. Since that day, she was forced to miss school for the next four years of her life. In an instant, her life changed forever and her days were filled with the constant fear of losing her family, loved ones, and her own life.

Sadly, during the war, she experienced sadness and heartbreak due to losing her best friend. This loss motivated Bana to share her story and message of hope online on social media:

*“I told my mom “Mom, why nobody hears us? Why nobody saves the children? Why nobody does something? Why nobody hears the voice when all the children are yelling and crying and running from bombs?” And then my mom told “you can tweet,” and then I started tweeting and my first tweet and I was so scared that nobody will hear me. I told my mom “I think it didn’t work” and then she told me “wait.” I waited and then the other day I opened the phone and many people started hearing me.”*



## Resilience: Using her voice to resist war

Resilience is like flexing your superhero muscles. It means taking on the ups and downs of life like a champ and becoming even stronger through the hard things in life.

Bana showed resilience by not allowing the war to overwhelm her. Instead, she used social media to share her emotions and experiences during the war. Telling her story made her feel less alone and impacted many people to join her fight for peace.

Through her message of hope and resilience, she has built a community of advocates for peace in the Middle East. Currently, Bana and her family live in Turkey after fleeing Syria for their safety. She has started to attend a new school and is making new friends, yet still struggles with living in a new place with a different culture and language.

Every day, Bana continues to advocate for peace, ending war, and the ability for all children to be able to go to school. Her love of reading has empowered her with the hope and strength to change the world. Because of this, she wrote a book called “Dear World”\* with her mother. In this book, Bana writes about her life in Syria during the civil war while showing her resilience and hopeful spirit for making the world a better place.

As war and the things that cause it continue to happen, Bana has a wish for the world:

*“I really hope somebody can help the children, somebody can save them, let them have more education, let them have houses, save them from dying from war and hunger... Because the children are your children, your sisters and brothers, I hope they can live in peace and have education.”*

See Citations on Page 19.

# RESILIENCE



# 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 ONE

*Nonviolence is a way of life  
for courageous people*



## LET'S DISCUSS...

What does it mean to be courageous?

What do we need to be brave/courageous?

Can you think of time when you were brave?  
How did you feel?

## LET'S PLAY!

### STORY SCAPE:

As a group we are going to make our own collective story! This story will center around an epic adventure with a brave character!



Each person gets between 3-5 words to start the brave adventure story and we take turns to go around so everyone adds a line to the story. We recommend there being a beginning, middle and end to the story.

Suggestion starters: Once upon a time, there were three children who were going on an adventure...

## LET'S GET CREATIVE!

### Make a courage jar!

On various pieces of paper write down or draw things that remind us to feel brave and be courageous. Place this inside a container.

Suggested phrases: You can do this!  
I'm proud of you!

### RESOURCES:

1. Empty Container/Jar/Box
2. Paper
3. Writing/Coloring Utensils

I am brave



I can do anything

## TAKE AWAY AND EXPLORE MORE

Remember to be brave in everything you do! Make sure you check in with your courage jars!

Research some of the courageous people who have worked or are working for peace!



# USING YOUR VOICE



By Anesu Makufa



Hello, if you are reading this, you might be someone who cares about the world and people around you! **Thank you for wanting to make the world a better place. Your presence, passion, and power mean so much to us.**

## **What does it mean when people say “I want my voice to be heard?”**

In some cases, it means sharing your physical voice. For example, sharing your voice with others can be as easy as telling your friends about something you care about, like an injustice you stand against.

I hope that by the end of this reading, you will know what protesting is, how to join in, and why being a conscientious objector is cooler than you might think.

## **PHYSICAL VOICE**

**Resisting war with your physical voice is especially important because war can be used to shape opinions about people and places.** Because war is thought of in terms of winning or losing and right or wrong, it leads people to think that the “enemy” deserves to be punished. These harmful thoughts allow us to kill and do horrible things to people and kids just like us around the world.



# 12 / Using Your Voice

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**By using your voice to resist war, you can help others see the humanity in everyone and set an example of how to treat them with respect, love, and hope for a brighter future.**

Your body can also be used to join in protests with others. In protests, people sing, shout chants, walk, and carry posters together to send a powerful message and make their voices heard. You might have heard about adults joining protests, but you can too!

**Kids who join protests have a special power because you remind us that children are impacted by war too.**

## CREATIVE VOICE

**Other times, people use their creative voices to resist war through art, music, or written words.** Creating art with a message close to your heart inspires others to have hope. For example, you can resist war by drawing about why it is important for the war to stop or how war makes you feel. You can send it to your leaders in the mail, who then might be inspired to see and act differently.



## CONSCIENTIOUS OBJECTION

Some people resist all war, not only one at a time--this is called **conscientious objection**. Saying no to war comes from a deep place—it is what you believe. Beyond just saying “no” to fighting in the war, groups like the Mennonites, Quakers, and the Church of the Brethren are conscientious objectors by **choosing a path of peace that works to stop the things that cause war in the first place.**

## YOUR VOICE

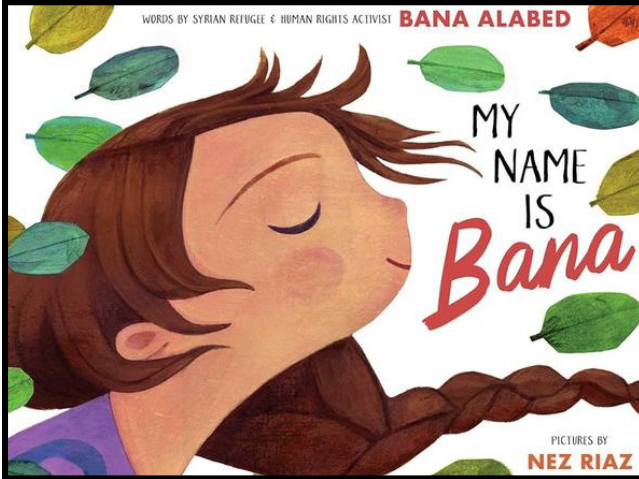
If you are reading this, it means you are not only someone who cares about the world and the people around you, but **you are also ready to do something about it.** Dr. Martin Luther King Jr. said, “Nonviolence is a way of life for courageous people.”

**Using your voice, art, and actions to resist war, especially when other people don't think like you, is hard but very brave and important.**

Sometimes, that means coming to a sword fight with a feather instead. Make the other person laugh so hard that they remember that **you are both human, deserving of joy, and can work together for a better world.**

# BOOKNOOK

PICTURE BOOKS



***My Name is Bana***

by Bana Alabed

***The Cat Man of Aleppo***

by Karim Shamsi-Basha

***Baseball Saved Us***

by Ken Mochizuki

***The Moon from Dehradun:  
A Story of Partition***

by Shirin Shamsi

***One***

by Kathryn Otoshi

***Sitti's Bird: A Gaza Story***

by Malak Mattar

***The Whispering Town***

by Jennifer Elvgren

***Sometimes Love***

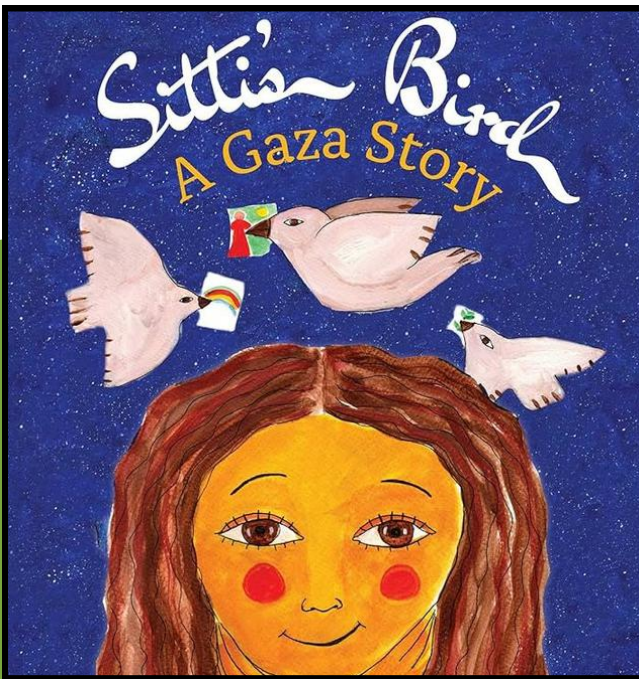
by Katrina Moore

***Escape: One Day We Had to Run***

by Ming Chen and Wah Chen

***The Journey***

by Francesca Sanna





***Dear World: A Syrian Girl's Story of War and Plea for Peace***

by Bana Alabed

***The Book Thief***

by Markus Zusak

***Village of Scoundrels***

by Margi Preus

***Persepolis***

by Marjane Satrapi

***Between Shades of Gray***

by Ruta Sepetys

***Refugee***

by Alan Gratz

***Finding Junie Kim***

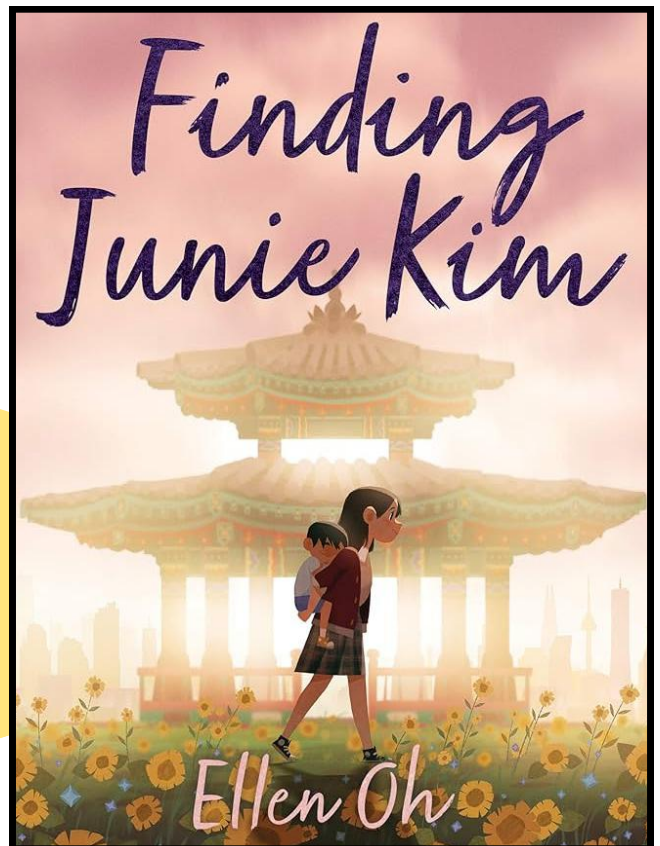
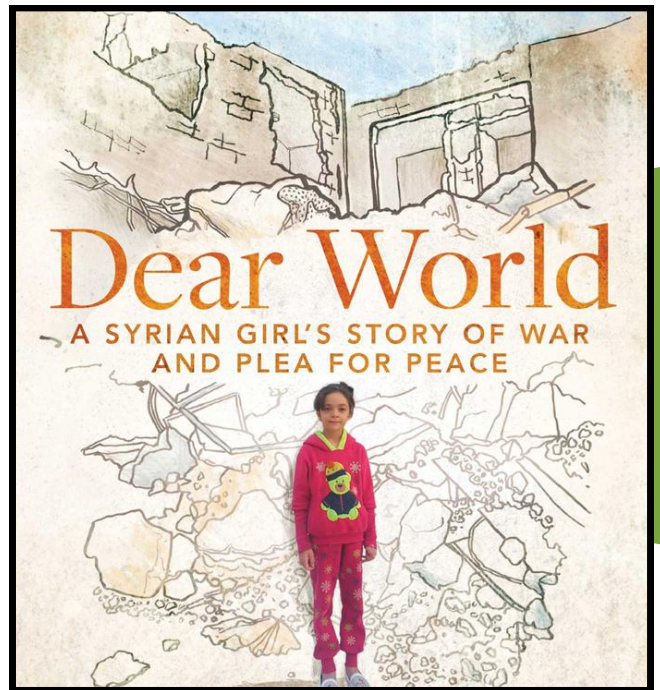
by Ellen Oh

***Samira Surfs***

by Rukhsanna Guidroz

***Number the Stars***

by Louis Lowry



**BOOK NOOK**

CHAPTER BOOKS

# ASK EMI:

“WHAT DO I DO WHEN MY FRIEND DISAGREES WITH ME WHEN I SAY THAT I THINK WAR IS WRONG?”

Hi there! Thank you for your question! **First, I just want you to know that I am so proud of you for practicing conscientious objection and engaging in this conversation with your friend!** Hearing that your friend disagrees with you must be a hurtful, confusing, and disappointing experience. **Don't let this deter you, let's talk about it!**

Believe it or not, adults struggle to talk about war and their beliefs too. **So, you are not alone!** Bringing up conversations like these can be difficult. But, it's a chance for you to talk about your different opinions, which you otherwise might not have the opportunity to! Know that conflicts of values like these are inevitable—**we are all different people who come from different backgrounds!**

As a peacemaker, your job is to understand that these conflicts and disagreements are **OPPORTUNITIES**, not bad things. Don't avoid conflict; instead, **seek it as your magic tool to create peace.**







## 1. EXTENDING EMPATHY THROUGH OUR WORDS

First, let's work to understand where your friend is coming from. Why do they think that war is okay? Where is their belief coming from?

A conversation may look like this:

Me: I have a different perspective on war, but I want to understand your view. Why do you think war is okay?

My friend: I think war protects our country and allows us to have freedom.

Me: I see your point about wanting to protect our families and I share your value of freedom too! I feel the same way. I can see where you are coming from! But, I think that war hurts other peoples' families and puts kids like us in other countries in danger. I think it leads us to dislike others and justifies doing horrible things. I think that we should treat others the way we want to be treated.



## 2. FINDING THE SAME CORE VALUES

Here, my friend and I found that we both have the same core values—protecting our families and valuing freedom. We simply have different ways of expressing it. Establishing that you share the same values can be a powerful basis for these conversations!



### 3. MODELING WITH KINDNESS

Make sure your friend knows that you care about them first and foremost, even if you have different views. Reinforce your friendship with that person by telling them, "I want to make sure you know that I care about you." Even if their opinion is something you don't agree with, you need to make sure to treat your friend with respect. Your conversation might end up in disagreement, but that's okay!

In these conversations, the goal is not winning or losing, it's to help build understanding. Just because your friend believes that war is okay doesn't make them a bad person. It means that they have a different history or background that makes them think that way.



### 4. SETTING THE EXAMPLE IN RESISTING WAR

As a peacemaker, your job is to help them see war in the way that you do through example! Try sharing this magazine, inviting them to read your favorite anti-war book, watching your favorite peace movie, or inviting them to a protest!

By having this conversation, know that you're making a big difference and taking a big step towards peacemaking. Keep going! You got this!

*Sending you peace and love,  
Emi*



# MONTHLY FAMILY ACTIVITY

**We know that wars are happening right now. Learn with your parents about a current war and how people are resisting it and working for peace.**

Ask your parents to learn more about this war with you: look on trustworthy sources online together, talk to other adults, maybe watch a documentary together, or check out books in the library. Ask them, “What are adults doing to resist war and help the situation right now?”



**1. Create a collage with pictures and materials around your home that shows your reaction to war: how it makes you feel, what it makes you think about, how does it affect you, and what you can do?**


**2. Write a poem describing how you feel about war and the value of peace: what does war and peace mean to you?**



Send these to your **government officials** to fight for peace! Then, send us a picture to be featured in the next issue of our magazine!

**Send submissions with your name and picture to: [children@onearthpeace.org](mailto:children@onearthpeace.org)!**





Thank you to all our contributors! And to you dear reader! See you next time for our “Making Peace” issue!



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

# CITATIONS

“Bana Alabed.” *PeaceTalks*. Peace Talks, [www.peacetalks.net/pt/bana-alabed/](http://www.peacetalks.net/pt/bana-alabed/). Accessed April 14, 2024.

Bana Alabed (@AlabedBana), Photograph of Bana in school uniform. Twitter/X, Sept. 18, 2017, 3:36PM, <https://twitter.com/AlabedBana/status/909863814711201793>

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Journal Entry Date:

Who inspires you to resist war?

What are some similarities and differences you see between yourself and Bana?

What is an issue you care about and how could you use your voice to make an impact?

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