

Peace Building

We'll learn about:

- Ways to resolve conflict
- Peace building
- Dealing with bullies
- Being assertive
- Knowing and managing our anger
- Dealing with our feelings
- Why and how to be more mindful

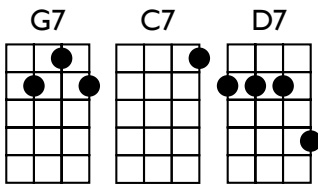


Resolving Conflict



Soul Shoes

Ukulele



Listen closely to the song.

What are the key messages?
Analyse the music.

Learn to play it on ukulele.

www.rails.org.au/education

Problems, _____, for a few days.

Feeling _____, don't know what to say.

So I went to the wise one to give me some clues

She said 'See the problem from the other person's view'.

Slip into the other soul's shoes.

Try to see the problem from the other's _____

Slip into the other soul's shoes

Pluck up the _____ try to sort it face to face

You've a right to peace and quiet, to enjoy your space.

Break the ice, say something nice.

Chat for a while, remember to smile, and..

Check if now's a good time, to _____, the issue through

Listen to the other, respect they have their view

Be _____ about the problem, but use diplomacy.

Don't _____ by saying 'you' and 'you' instead use 'I' or 'We'.

And focus on the problem, say how it makes you _____.

Look for any positives and ways to make a _____,

Be open to change, don't block it with your pride.

_____ in deep and slow, don't just _____ and hide.

Stories have so many sides, there's always give and take.

Work on things that can be changed. Keep the _____ you make.

If talking doesn't work it out, don't worry don't be nervous,

there's always a free _____ Service.

Who can help you safely talk it out and hear each other's views,

and make sure your view is understood too.

So you both can decide on where to go from here.

The situation will be clear.

arguments

angry

honest

point of view

courage

Breathe

talk

deal

feel

blame

run

promises

mediation

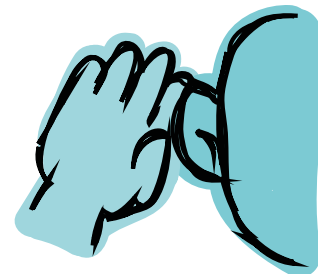
Be a Peace Leader



Peace Building requires courage, skill and time. It is deeply rewarding and important work.

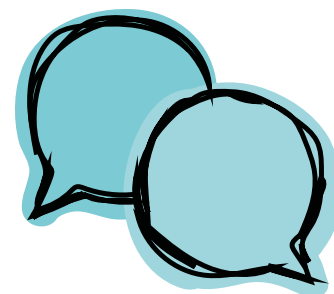
Community leaders say the most effective leader and peace-builder is:

- honest, but can keep things confidential
- a good listener and good communicator,
- follows clear, fair processes to make sure all sides to a dispute can have their say
- not biased, but stands up against violence, threats and bullying
- supports safety and respect
- knows their own limits - often it's better to get help from elsewhere
- practices self-care - healthy food, exercise, rest



To manage conflict and build peace, good processes can include:

- agree a time for talking
- don't discuss when angry
- talk in a safe space
- give enough time
- listen with respect. Put yourself in the other person's position
- speak with respect. Have your say
- avoid blaming
- say what your needs or interests are in the dispute. Say how it makes you feel
- look for common ground
- avoid aggression. Have a break if you're angry or tired
- write out what was agreed



Find Peace-building online

Search online and find contacts for free mediation and conflict resolution services for the community. Find out what they do. See if they provide information and workshops.

Discuss how we can be Peace Leaders

It's best to try to sort out conflicts safely and respectfully between the parties first, but there are services that can help. Where there is real danger the police should be called.

There are some paid jobs as mediators but mostly peace building is done at the community level when we sort our problems fairly and peacefully between ourselves or get the help of peace builders and leaders in the community.

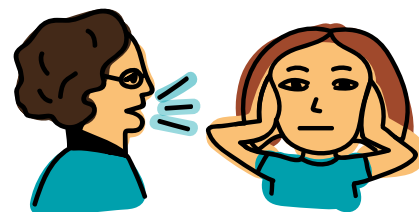
Discuss how you can become a Peace Leader.

Dealing with bullies



We can build resilience against bullying by better understanding the bully and ourselves.

Word bullies try to have power over you. The bully wants to make you upset and angry. It's almost like a game to them. The bully thinks they win if they make you upset. The more you get upset the more they like it.



But you could react in a way where you don't get upset. You can be resilient, strong, mentally tough.

So no matter what the bully says, you decide you won't get upset. You build 'tough skin' and allow the hateful words to bounce off you.

If you don't get upset then often the bully will leave you alone as they feel they're not winning or enjoying it anymore.

And, if you also respond with **respect** – in a way you would want to be treated (the 'Golden Rule') - the bully is more likely to stop teasing you and you will feel, and be, more powerful (see www.brooksgibbs.com).

Make up examples of being bullied but where you are resilient. What do you do or say?

Make up a mini story about someone avoiding or stopping a bully in a non-violent way.

A small bit of teasing can be part of everyday life. But serious bullying is a deeper social problem which needs strong cooperation between the whole community.

Dealing with bullies

BULLYING

- If you keep emotional fear or pain inside then it gets bigger.
- Talk to trusted family, teachers or friends.
- There's free confidential helplines (Kids Helpline 1800 55 1800 Lifeline 13 11 14)
- If the bully harms or threatens to harm you or property, contact police 131 444 or 000 in an emergency.
- Build resilience if you can - choose to react in a way where you don't get upset.
- Speak up for people who are being bullied.

CYBER BULLYING

- You be in control. Don't let anger or fear guide what you do or say.
- Don't respond to a bully. Talk to trusted people about it.
- If it's friends teasing, ask them to stop.
- Block and delete bullies
- Save the evidence. Report the abuse to the website administrator.
- Have strong Privacy Settings. Be careful who you 'friend'
- • Turn on comment moderation on blogs
- • Be careful about what you say on the internet. The whole world could see it.

If you respond with respect – using the 'Golden Rule' of treat others in a way that you would want to be treated - you will feel and be more powerful. Always remember - Safety first!

Being assertive



safety

Assertive

police

stop

Your personal _____ must always be first in any response to abuse.

One response to harassment is to be upfront and assertive. An example would be to firmly say 'That behaviour's not welcome. I want you to _____ it'.

If sexual harassment doesn't stop then then a complaint can be made to employers in the workplace or to the Human Rights Commission or to the _____.

' _____ ' means speaking in a strong but respectful way about what you think and feel.

'Passive' means to just let things affect you or avoid facing them. 'Aggressive' is forceful and may be violent.

Someone you know asks you for a date a few times and you don't want to go, or the person rejected what would you say and do?

Your boss starts to compliment you everyday on your looks. You feel uncomfortable. What do you do?

Tayla Harris, an Australian Women's Football League star, was trolled online and took a strong assertive stand. Research what happened and discuss her resilience and what it can teach us

Don't stay silent. Stand Strong against abuse. But always safety first.

Managing our anger



What can we do to manage our anger?

- Accept you are angry or in fear, but don't let those thoughts and feelings control what you do. Anger and fear are normal. You be in control. We can use our anger and fear to give us energy (pump us up), but this doesn't have to be violent.
- To manage anger you can: walk away and deal with the problem later when you're not angry; do physical exercise; take long, slow, deep breaths; drink water; talk to friends or other helpers; pray or meditate; hit a pillow if you feel like you have to hit something.



What can we do if we are violent?

- If you are violent, admit it to yourself. Then seek help from trusted wise people. There are confidential free services that can help (eg. Kids Help Line 1800 55 1800; Lifeline 13 11 14)
- Imprint positive, peaceful words and images in your mind. Keep repeating these and begin to reshape yourself as a strong and peaceful person, not a violent one.
- There are in-depth anger-management courses available.



Dealing with Feelings

Our feelings or emotions let us know what's happening in our lives. It's good to be in touch with our feelings and express them in healthy ways.

If we suppress or bottle up emotions they can grow and cause us pain.

We all feel sad or down or anxious at times. It's a normal part of life to have to cope with sad and difficult things. Some strategies that might help you be more resilient and cope with conflict and troubles are discussed throughout this Module.

Imprint positives

Our thoughts affect our feelings affect our actions. One strategy to stay strong is to develop your positive thoughts. Create a clear positive inner-picture of your situation. Imprint a new positive reality in yourself. Change negative (red) thoughts into positive (green) thoughts. **Fill in the table with examples.**

Red thought	Green thought	Red thought	Green thought
I failed/got it wrong		I only have a few facebook friends	

Get help when you need

But where these strategies to cope don't work and the low mood or stress and worry is very intense, and goes on over a long time and you find it hard to cope with life, then it can become depression or an anxiety condition and you should get professional support.

If trusted family or friends can't help, there are **24/7 phone helplines** (LifeLine, Beyond Blue, Head Space, Kids Helpline etc) that have trained people who can talk with you and point you in the right direction. Treatments can range from lifestyle changes like good regular exercise, food and sleep to psychological and medical approaches. There are also some free online e-therapies.

Psychological, or talking therapies aim to help to keep anxiety or depression under control They teach relaxation and breathing and how to identify and change your beliefs, attitudes and ways of thinking which are stopping you from overcoming your worries.

If psychological therapies don't work then there is medical therapy where medications are used to change your chemical balance. The main medical treatment for depression is antidepressant medication.

Write a rap (Create a short, sharp, pointed poem about keeping healthy and happy through exercise, good food and sleep and that if you start to fall into the depths of despair then you can get help and where you can get the help - promote one of the 24/7 helplines above)

Mindfulness

Mindfulness is the ability to be fully aware and present in the moment. Research shows it can have great benefits and help decrease stress and sadness, and increase our focus and happiness. We will become more aware of ourselves and more able to cope with the things that affect us.

Mindful Breathing

Slow breathing. Practice long slow breathing focusing on slowly pushing out your diaphragm and your chest. This can make you feel more relaxed.

Long breathing. Take a full breath through your nose, then gently blow out through your mouth like you're blowing through a straw silently, gently and smoothly for around 30 seconds. Then resume normal breathing. Repeat the nose-mouth breath long breath at least three times.

Mindful meditation

Sit comfortably and notice your breathing. Notice how it feels flowing through your nose. Breathe in slow and deep using your abdomen and chest,

Scan your body from tip to toes - observe how you feel.

Watch your thoughts and feelings flow by. Don't get distracted by them. Just notice them and return to your breathing. The thoughts and feelings will change and move on.

Get the app! There are some free mobile apps to support your meditation. Smiling Mind; Stop, Breathe and Think; Insight Timer; Headspace.

Mindful visualising - transforming troubles

Think about a challenging situation you're facing and your goal of overcoming it.

Take three deep breaths. Breathe in, hold for 4, breath slowly out. Do it some more. Start to go deeper with each breath. Feel your feet on the floor, relax your shoulders. Notice how your body feels.

Make sure you feel safe to close your eyes, Imagine a peaceful scene. Notice your breathing becoming deeper and maybe your heart beat slowing.

Now imagine the troubling scene you're facing - its look, colours, sounds, temperature, air, touch.

Then bring your goal into focus - what's that look like.

Then bring back the obstacle and visualise you having the skills to handle the obstacle calmly and confidently. See yourself achieving your goal in a healthy, positive way. Focus on the positive feelings that come with that. Let any negative thoughts float away and return to the positive image you want.

Then thank yourself. Imagine you are energised and ready to move forward with good purpose. Slowly begin to notice how your body feels and slowly open your eyes.

(Above from 'Resilience Module' in *Civics Rap*, RAILS, 2020)

