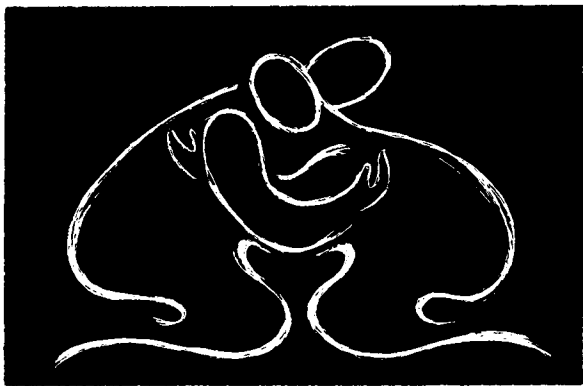




The Little Book of Peace



Amherst H. Wilder Foundation



Peace is a way of life!

Each year, people are hurt and killed by other people. At the Amherst H. Wilder Foundation in St. Paul, Minnesota, U.S.A., we have worked with many people—children, adults, senior citizens—who have been hurt by someone else.

So many people we know have been touched by violence that we decided to try to change things. At first, we developed this booklet for the 1,300 people who work at the Wilder Foundation. We hoped this booklet would help our employees think about violence, and talk about violence with their families and friends.

Soon people asked to use this booklet in schools, at home, in churches, at work, and in prisons. In a few years, we had printed 200,000 copies of this book. So many people

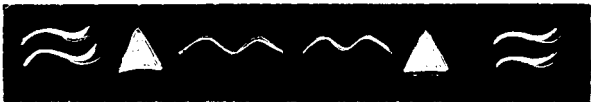


wanted it that we felt it was time to share it with as many people as we could. You can visit this booklet on the World Wide Web at www.wilder.org.

Perhaps many people will see this booklet and think about how violence hurts themselves and others. We hope that you will write in the booklet and talk to your family and friends.

We hope these thoughts about peace will help us all make a safer world.

Tom Kingston,
President, Amherst H. Wilder Foundation



Violence is words and actions that hurt people

Violence is when a person uses pain, fear, or hurt to make you do something.

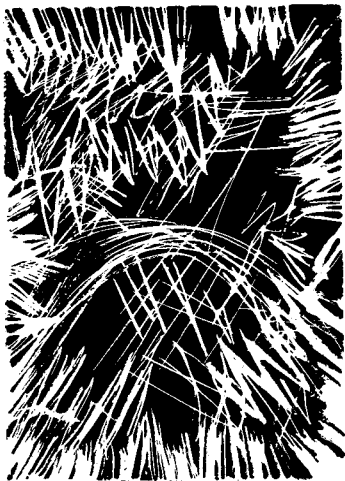
Violence is using words to scare, bully, embarrass, call names, or put someone down.

Violence is hurting a person's body or the things a person cares about.

Violence is when someone touches you or asks you to touch them in a place or in a way that doesn't seem right to you.

Violence is any sexual contact between an adult and a child.

Societal violence occurs when our nation, institutions, and media show violence as a way to resolve conflict, express anger, and control others.



**Violence is words and
actions that hurt people.**

Violence is all around us.

- ≈ We watch TV and movies that show stories where violence is used to solve problems.
- ≈ We pick heroes who use violence and make it look good.
- ≈ We make excuses for people who do violent things when they are angry.
- ≈ We use violence to punish children.
- ≈ We let bullies use threats and violence to get their way at school, at work, at home, and in the neighborhood.
- ≈ We don't speak up when we see violence or when it happens to us.

Ending violence begins with me.

your name

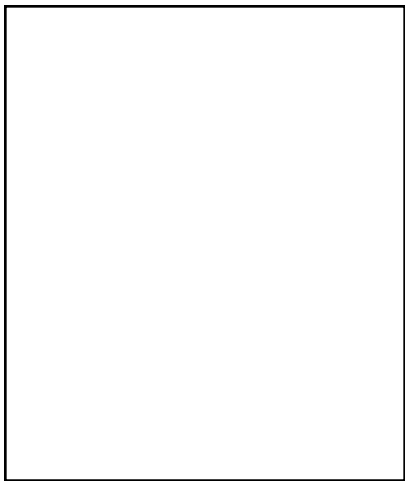


**Violence is when a person
uses fear, pain, or hurt to
make you do something.**



How have other people used words and actions to make you do something?

I don't have to act like those people!



What does power look like?



What are your most powerful words?



**Violence is using words to scare,
bully, embarrass, call names, or
put someone down.**

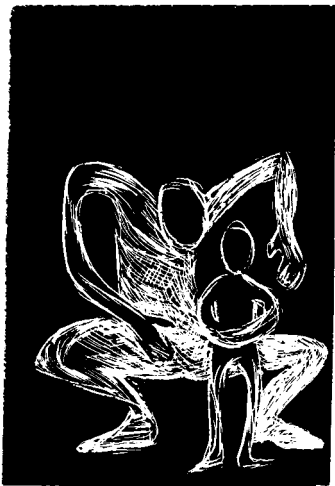


I hurt people when I . . .

But instead I . . .



**Violence is hurting a person's
body or the things that a
person cares about.**



Violence is when someone touches you in a way that doesn't seem right to you.

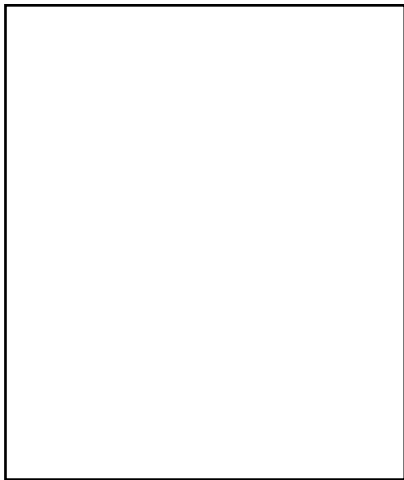
Violence is when someone makes you touch them in a way that doesn't seem right to you.

Violence is any sexual contact between an adult and a child.



Why do some grown-ups hurt children?

Some people are kind and gentle.



*Who are they? What do they look like?
What do they do?*



Societal violence occurs when our nation, institutions, and media show violence as a way to resolve conflict, express anger, and control others.

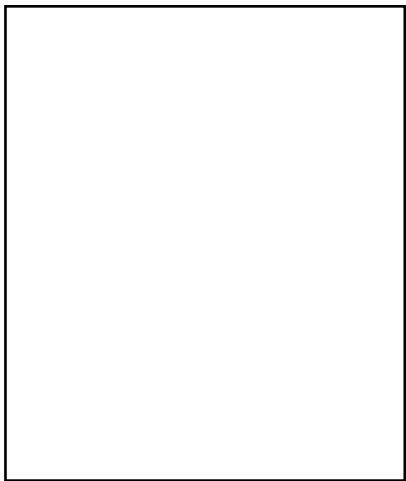
Violence is all around us. Television and movies make violence look funny, or like it doesn't hurt. Sometimes they make it look like it is exciting and a good way to get what you want. War is violence. Violence is not a good way to solve problems. It usually creates more problems than it solves.



*Our nation, institutions, and media
could help promote peace by . . .*



A more peaceful world begins when . . .



What does peace look like?



Peace is not a season.



Peace is a way of life!

Beginning an end to violence world wide

To order multiple copies of this book, call 1-800-274-6024 (U.S. & Canada); 612-659-6024 (world wide); or write us at Wilder Publishing Center, 919 Lafond Avenue, St. Paul, MN 55104, U.S.A.

Individual copies of this booklet may be downloaded at no cost from our World Wide Web Site at www.wilder.org.

Other publications by the Wilder Foundation:

Collaboration Handbook

Collaboration: What Makes It Work

Foundations for Violence-Free Living

Marketing Workbook for Nonprofits

Strategic Planning Workbook for Nonprofits

What Works in Preventing Rural Violence

The Amherst H. Wilder Foundation of St. Paul, Minnesota, is one of the largest and oldest endowed human services agencies in the U.S. For more than ninety years, the Wilder Foundation has provided human services for the community regardless of nationality, sex, color, or religious beliefs.

Book design and illustration by Kelly O. Finnerty.



Ways to use this book:

- ≈ As a personal journal
- ≈ As a gift
- ≈ As a way to help your family talk about peace and violence
- ≈ As a tool for personal change
- ≈ As a way to break the silence

We at Amherst H. Wilder Foundation hope this booklet will be a tiny start toward making the world a more peaceful place.

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