

TAKE TEN: A Violence Prevention Public Awareness Campaign



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TAKE TEN is a grassroots, community organizing concept for violence prevention.

Goal

- To reduce violence
- To prevent violence
- To teach positive alternatives for solving problems and expressing emotions



TAKE TEN is based on TEN IDEAS and TEN ACTIVITIES

The TAKE TEN philosophy

- ☞ We have the power to decide how we will think and how we will act
- ☞ Violence doesn't work
- ☞ It's time to give NONVIOLENCE a chance
- ☞ TAKE TEN can work!



TAKE TEN Ideas

- Everyone has the right to feel safe
- Disagreements and arguments are normal and to be expected
- Everyone is entitled to feel however they feel
- Weapons have no place in resolving conflicts-there are nonviolent options



TAKE TEN Actions

- ☞ When you feel like fighting, WALK IT OUT!
- ☞ Instead of hitting, TALK IT OUT!
- ☞ When you feel upset and out of control, WAIT IT OUT!
- ☞ TAKE TEN deep breaths
- ☞ TAKE TEN steps back
- ☞ TAKE TEN children you will positively mentor!
- ☞ TAKE TEN hours to work for peace in your home, school, community!



TAKE TEN is something we all can do!



- ☞ Sponsor a TAKE TEN T-shirt design contest
- ☞ Have a TAKE TEN Family Night
- ☞ A TAKE TEN skit at a school assembly
- ☞ How about a TAKE TEN mural?
- ☞ A TAKE TEN word for the day...
- ☞ A TAKE TEN rap, song, cheer!

TAKE TEN



- ☛ TAKE TEN is just an idea, a seed.
- ☛ Many people have taken the seed and grown it into exciting programs, campaigns and action plans!
- ☛ The full TAKE TEN workshop shares the great ways others have found to practice the TAKE TEN way of expressing ourselves and solving problems

Interested in more?



Call the Office of Violence Prevention
for details about and calendar for
this full workshop.

312.745.0381

