

October, 2007

Chicago Dept of Public Health



OFFICE OF VIOLENCE PREVENTION

Violence Prevention E-Brief

October is Violence Prevention Awareness Month

***Build Peace
in, with and for
yourself, your family,
your community,
your world!***

YOU

- During October, rise 15 minutes earlier each morning. Greet the day, meditate, prepare your mind, body and spirit –be positive
- Drink more water
- Let go of an hostility you feel

FAMILY

- Let your first and last words of the day be constructive, supportive, positive
- Breathe through and past daily frustrations– TAKE TEN
- Be 100% present to your child– LISTEN, LOOK!

COMMUNITY

- Smile at, greet a neighbor or co-worker; do a spontaneous act of kindness
- Volunteer to help someone in your community– baby sit, food shop, have a cup of tea with someone who is lonely

WORLD

- Decide to learn one new thing a week about a culture different from your own, a country you've never heard of
- Conserve water, electricity
- Reflect on our connectivity

Peace is a state of harmony, the absence of hostility. This term is applied to describe a cessation of violent international conflict; in this international context, peace is the opposite of war. *Peace* can also describe a relationship between any parties characterized by respect, justice, and goodwill.

More generally, peace can pertain to an individual relative to her or his environment, as *peaceful* can describe calm, serenity, and silence. This latter understanding of peace can also pertain to an individual's sense of himself or herself, as to be "at peace" with one's self would indicate the same serenity, calm, and equilibrium within oneself. <http://en.wikipedia.org/wiki/Peace>