



Peace Begins at Home

Activities for Families

by the PEI Premier's Action Committee on Family Violence Prevention
Youth Engagement Working Group

PEI Family Violence Prevention Week is February 12 to 18, 2017

Everyone has a role to play in ending violence in our communities. Here are six ideas for families to get involved in Family Violence Prevention Week:

1. Read with your children: Read books with young children that show ways people can spread kindness, peace, and love throughout their communities. Some good examples are:

- *What is Peace?* by Wallace Edwards
- *Hand in Hand* by Rosemary Wells
- *Can You Say Peace?* by Karen Katz

These books are available through the PEI Provincial Library Service. Be sure to check your local library for new selections for Family Violence Prevention Week 2017.

2. Talk and build together: Read *Blocks* by Irene Dickson and talk with your children about the importance of cooperation, teamwork and peaceful problem solving. Using the book as inspiration, build something together.

3. Listen to and talk about the song *These Hands* by Dave Gunning and George Canyon. The song has also been turned into a book illustrated by Meagan Smith. The book and the song teach children that each of us can be a hero to other people.

4. Wear purple on February 15th to support family violence prevention in PEI.

5. Plan a family project to raise money or provide supplies to an emergency shelter or service provider that supports victims of family violence.

6. Educate yourself: Learn about family violence, its effects on children and youth and what you can do as a neighbour, co-worker, family member or friend. Learn more at stopfamilyviolence.pe.ca/friends.

Thank you to all children, youth, families and groups who are committed to peace in our homes and Island communities. For event details for Family Violence Prevention Week 2017, visit stopfamilyviolence.pe.ca/2017campaign

“Children with healthy self-esteem cope with stress effectively and are fun people to be around. Telling your child you love them and spending time with them will help your child feel valued and cared for.”

~ Triple P Positive Parenting Program

<http://www.triplep-parenting.net/pei-en/home/>

Premier's Action Committee
on Family Violence Prevention



Comité d'action du premier ministre
sur la prévention de la violence familiale