



Peace Begins at Home

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

PEI Family Violence Prevention Week is February 8 to 14, 2015

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 illustrate how every person and every family is special in their own way. Some good examples are:

- *The Family Book* by Todd Parr
- *Snowflakes Fall* by Patricia MacLachlan
- *Zero* by Kathryn Otoshi

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 2015.

2. Talk and create together: read *Have you filled a bucket today?* by Carol McLeod and talk about ways to be kind and caring to others. See <http://bucketfillers101.com/free-resources.php> for activity ideas.

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 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 11th 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, 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 2015, visit stopfamilyviolence.pe.ca/2015campaign

Premier's Action Committee
on Family Violence Prevention



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

“Children need two or three adults in their lives whose eyes light up when they see them.” ~ Julie Pellissier-Lush, Vice-President of the PEI Aboriginal Women's Association and author, *My Mi'maq Mother*