



Peace Begins at Home

Activities for Families

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

- 1. Read with your children:** Read books with young children that show ways people can be kind, loving members of their communities. Some good examples are:
 - *Under The Love Umbrellas* by Davina Bell
 - *I Will Be Fierce* by Bea Birdsong
 - *Kindness Makes Us Strong* by Sophie Beer
 - *Good Little Wolf* by Nadia ShireenThese books are available through the PEI Provincial Library Service. [Be sure to check your local library for additional new selections for Family Violence Prevention Week 2020.](#)
- 2. Talk and play together:** Read *Except When They Don't* by Laura Gehl and talk with your children about the assumptions we make about how boys and girls play based on gender. Ask your children about their favorite toys and activities. Play 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 ways to show caring towards other people.
- 4. Wear purple** on February 12th 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.

Peace Begins at Home. Thank you to all children, youth, families and groups who are committed to peace in our homes and Island communities!

“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.ca/can-en/find-help/triple-p-parenting-in-prince-edward-island/>

By the PEI Premier's Action Committee on Family Violence Prevention

<http://stopfamilyviolence.pe.ca/2020campaign>

Family Violence Prevention Week on PEI is February 9-15, 2020