

One Hundred Actions to Build a Culture of Peace

1. Begin by cutting up the action cards and inserting cards labeled A in envelope A, and the same for B, C and D.
2. Working in groups of 3-4, distribute one envelope to each group. (Ideally 2 groups will have the same set, so that they can compare results.)
3. Ask group members to spread the cards out so all students can read them. Give students a few moments to consider the actions and any similarities that may exist between them.
4. Have groups try to organize the cards into at least three categories of their choosing. There are no right or wrong answers - students can sort the cards by any criteria they choose.
5. Once students have created their groupings, have them come up with a name for the category and write it on a strip of paper.
6. Have students with the same set of cards (A, B, C or D) visit each other's tables to compare results. When they return to their own tables, they can make any adjustments they want.
7. Ask the student with the shortest hair in each group (or any other random feature) to put their hand up and remain at their table. Ask the remaining students to go to the group with the next letter of the alphabet (i.e. A's go to visit a set B, B's go to visit a set C, etc.) The group member who stayed at the table explains their groupings, and the visitors respond by asking questions or commenting on the similarities and differences. The visiting group then takes their headings back to their table, and the group re-sorts the cards under the new headings.
8. Next, have students rank cards along the following continuum:

Actions we would do

Actions we would not do

9. Debrief as a class with the following questions:

Possible discussion questions:

- What actions are you most/least likely to do?
- On what criteria did you base these decisions? (easiest/hardest/most fun, etc.)
- Why do people feel they can't/don't want to act? (To elaborate on this topic, see **Barriers to Action** – Theme 3, Activity 3 of *Cultivating Peace - Taking Action*.)
- What categories seemed to be the most common among the groups?
- Is being "unaware" a form of action? (Try to get at the difference between not being exposed to information and choosing to avoid an issue.)
- (Refer back to the Degrees of Action categories from Theme 2.) Is immersion the ultimate goal for each of us? (Show the value and importance of all actions.)
- Is it necessary that everyone strive to be a leader? Do we all have the potential to be leaders in some way? How? (Make sure to note that each of us can lead by setting an example, sharing information and expressing our views to others.)

Action Cards

<p>Be as healthy as you can</p> <p>A</p>	<p>Ride your bike or walk as much as possible</p> <p>A</p>	<p>Attend a peaceful protest</p> <p>A</p>	<p>Change the world by making a difference every day</p> <p>A</p>	<p>Help an elderly person with yard work or shopping</p> <p>A</p>
<p>Read a news or issues based magazine to become more informed</p> <p>A</p>	<p>Buy an extra can of food and add it to the food bank donations at the grocery store</p> <p>A</p>	<p>Leave pamphlets on an issue in places where others will find them, e.g. dentist's office, public transportation</p> <p>A</p>	<p>Investigate conservation efforts at your school or find out what type of cleaning products are used</p> <p>A</p>	<p>Prepare a presentation on an issue to lobby your school board or local council, e.g. a pesticide ban on board or city property</p> <p>A</p>
<p>Join an alternative Internet newsgroup</p> <p>A</p>	<p>Wear a button with a message</p> <p>A</p>	<p>Don't tell racist jokes</p> <p>A</p>	<p>Don't yell at people</p> <p>A</p>	<p>Watch less violent television</p> <p>A</p>
<p>Call a radio station that invites comments from listeners to give your opinion</p> <p>A</p>	<p>Start a campaign in your school to start a composting program for lunch waste</p> <p>A</p>	<p>Introduce yourself to the student that is new in your class</p> <p>A</p>	<p>Help staff an information table at a local event</p> <p>A</p>	<p>Create an advertising poster to raise awareness for a cause or issue</p> <p>A</p>
<p>Forgive someone you think has wronged you</p> <p>A</p>	<p>Speak up when someone tells a racist joke</p> <p>A</p>	<p>Ask your local store to carry organic products</p> <p>A</p>	<p>Encourage your family to use the car less</p> <p>A</p>	<p>Buy Fair Trade certified products</p> <p>A</p>

<p>Appreciate nature and spend time outdoors</p> <p style="text-align: center;">B</p>	<p>Turn off lights when you are not in the room</p> <p style="text-align: center;">B</p>	<p>Donate time to a community garden</p> <p style="text-align: center;">B</p>	<p>Talk to others with respect</p> <p style="text-align: center;">B</p>	<p>Take part in an organized march for peace</p> <p style="text-align: center;">B</p>
<p>Invite a local politician, activist or speaker from an NGO to come and speak in your classroom or school</p> <p style="text-align: center;">B</p>	<p>Buy music from bands with a social message or buy fundraising compilations that support a cause</p> <p style="text-align: center;">B</p>	<p>Talk to your friends and family about a serious issue that concerns you and explain why you feel that way</p> <p style="text-align: center;">B</p>	<p>Change the world by becoming a leader of a social movement or organization</p> <p style="text-align: center;">B</p>	<p>Ask a garden centre in your neighbourhood to stop selling toxic pesticides</p> <p style="text-align: center;">B</p>
<p>Add your signature to an online letter campaign</p> <p style="text-align: center;">B</p>	<p>Apologize when you do something wrong</p> <p style="text-align: center;">B</p>	<p>Talk to someone that everyone else ignores</p> <p style="text-align: center;">B</p>	<p>Join an organized environmental cleanup day</p> <p style="text-align: center;">B</p>	<p>Find out about anti-discrimination policies at school</p> <p style="text-align: center;">B</p>
<p>Write an email to a politician to express your point of view</p> <p style="text-align: center;">B</p>	<p>Send back an email that contains jokes about a minority group</p> <p style="text-align: center;">B</p>	<p>Join an organization that works to help the homeless</p> <p style="text-align: center;">B</p>	<p>Rent or watch a documentary about an issue to get more information</p> <p style="text-align: center;">B</p>	<p>Encourage your family to recycle at home</p> <p style="text-align: center;">B</p>
<p>Start a global issues group in your school</p> <p style="text-align: center;">B</p>	<p>Don't use words that degrade a group of people</p> <p style="text-align: center;">B</p>	<p>Don't go to movies that are excessively violent</p> <p style="text-align: center;">B</p>	<p>Create a website for a charity organization</p> <p style="text-align: center;">B</p>	<p>Run for Student Council</p> <p style="text-align: center;">B</p>

<p>Buy products with the least amount of packaging</p> <p style="text-align: center;">C</p>	<p>Visit a website to get information on an issue</p> <p style="text-align: center;">C</p>	<p>Put a "No Flyers" sign on your mail box</p> <p style="text-align: center;">C</p>	<p>Put a bumper sticker on your binder or bicycle</p> <p style="text-align: center;">C</p>	<p>Don't buy or use war-based video games</p> <p style="text-align: center;">C</p>
<p>Take a minute to talk to activist groups that knock on your door</p> <p style="text-align: center;">C</p>	<p>Encourage your parents not to use pesticides or toxic cleaning products</p> <p style="text-align: center;">C</p>	<p>Become a member of an environmental group</p> <p style="text-align: center;">C</p>	<p>Donate spare change to a charity at the check out counter</p> <p style="text-align: center;">C</p>	<p>Speak up to someone who always gossips about other people</p> <p style="text-align: center;">C</p>
<p>Give a speech or perform a skit, dance piece or song at a school assembly to raise awareness of an issue</p> <p style="text-align: center;">C</p>	<p>Forward an on-line petition or letter campaign to as many people as you can</p> <p style="text-align: center;">C</p>	<p>Write a poem or story for a 'peace stories' publication or contest</p> <p style="text-align: center;">C</p>	<p>Write a letter to the editor about a story in the newspaper to express your opinion</p> <p style="text-align: center;">C</p>	<p>Create an "Actions for Peace Wall of Fame" in your school to feature people who have done amazing work for peace</p> <p style="text-align: center;">C</p>
<p>Don't forward email jokes that are anti-gay</p> <p style="text-align: center;">C</p>	<p>Be friendly with people outside your own social group</p> <p style="text-align: center;">C</p>	<p>Find out if your school uniforms or sports uniforms are "sweatshop free"</p> <p style="text-align: center;">C</p>	<p>Change the world by inventing products to save the environment</p> <p style="text-align: center;">C</p>	<p>Ask a coffee shop that you go to carry Fair Trade certified coffee</p> <p style="text-align: center;">C</p>
<p>Be considerate</p> <p style="text-align: center;">C</p>	<p>Attend a public action meeting</p> <p style="text-align: center;">C</p>	<p>Exercise and stay active</p> <p style="text-align: center;">C</p>	<p>Walk away from a potential argument</p> <p style="text-align: center;">C</p>	<p>Help lobby a politician on a specific law</p> <p style="text-align: center;">C</p>

<p>Practice methods to reduce stress by doing yoga, etc.</p> <p style="text-align: center;">D</p>	<p>Point out media stereotypes to your friends</p> <p style="text-align: center;">D</p>	<p>Join an organization that supports peace</p> <p style="text-align: center;">D</p>	<p>Wear a t-shirt with a political message</p> <p style="text-align: center;">D</p>	<p>Don't spread rumours about other people</p> <p style="text-align: center;">D</p>
<p>Read a pamphlet from an environmental or human rights organization to find out what they do</p> <p style="text-align: center;">D</p>	<p>Take part in Internet campaigns where corporations donate money each time someone clicks on an icon</p> <p style="text-align: center;">D</p>	<p>Change the world by becoming a politician that protects peace, human rights and the environment</p> <p style="text-align: center;">D</p>	<p>Find out what policies your school has in place to reduce bullying and violence</p> <p style="text-align: center;">D</p>	<p>Culture jam by spoofing ads and putting them in a school or community newspaper</p> <p style="text-align: center;">D</p>
<p>Write an article in your school newspaper on an issue that concerns you</p> <p style="text-align: center;">D</p>	<p>Organize an art show or poetry café at your school around Earth Day or against racism</p> <p style="text-align: center;">D</p>	<p>Carry your own backpack or bag so you don't have to take plastic shopping bags</p> <p style="text-align: center;">D</p>	<p>Offer to help someone (carry something heavy, open a door, give up your seat)</p> <p style="text-align: center;">D</p>	<p>Don't buy products that contain genetically modified ingredients</p> <p style="text-align: center;">D</p>
<p>Try to see things from another person's point of view</p> <p style="text-align: center;">D</p>	<p>Speak up when you see someone bullying</p> <p style="text-align: center;">D</p>	<p>Be friendly to people who serve you in stores and restaurants</p> <p style="text-align: center;">D</p>	<p>Help with a (legal) poster campaign for a cause</p> <p style="text-align: center;">D</p>	<p>Write a company to ask them to use less packaging on their product</p> <p style="text-align: center;">D</p>
<p>Don't buy violent toys for children</p> <p style="text-align: center;">D</p>	<p>Volunteer to serve food at a food bank</p> <p style="text-align: center;">D</p>	<p>Encourage your parents to buy Fair Trade products</p> <p style="text-align: center;">D</p>	<p>Vote or join the youth group of a political party</p> <p style="text-align: center;">D</p>	<p>Attend a music event to raise money for an issue</p> <p style="text-align: center;">D</p>