

# PEACE--How Does *Your* Family Rate?

In the Bible, **peace** (translated from the Old Testament Hebrew "shalom" and the New Testament Greek "eirene")

**means:** wholeness, justice, and right living with God, others, and creation.

## Peace includes:

- ?? *in ourselves*--relating to God, self, and others in a Christ-like way
- ?? *in our communities*--interacting in healthy, respectful ways as God's people
- ?? *in our country*--protecting God's creation, both living things and resources
- ?? *in the world*--promoting economic justice and physical well-being for all.

## Peace closer to home: How does YOUR family rate?

*Think about your family's actions. Rate yourselves on a scale of 1 to 10.*  
*(10--Yup, we did this lots and lots,*  
*5--We did this sometimes,*  
*1--I can't remember anyone doing this at all)*

1. We shared our feelings honestly, looked for safe ways to express anger, and worked at solving problems peacefully. \_\_\_\_\_
  2. We listened carefully to each other, especially when we disagreed, and didn't insist on having our own way. \_\_\_\_\_
  3. We affirmed each other and avoided uncaring criticisms, hateful words, and physical attacks. \_\_\_\_\_
  4. We apologized and made amends when we hurt another. We didn't hold grudges. \_\_\_\_\_
  5. We treated the environment and living things (pets, etc.) with respect and care. \_\_\_\_\_
  6. For entertainment, we chose activities that supported our values and avoided ones that make violence look exciting, funny, or acceptable. \_\_\_\_\_
  7. We challenged violence when we encountered it at home, at school, at work, or in the community. We supported others who were treated fairly. \_\_\_\_\_
- TOTAL** \_\_\_\_\_

## **Scoring guide:**

**55-70** It sounds like you have a great place to live (you might consider giving workshops as a family!) If you rated any area lower than 6, talk about it together.

**30-55** Ask for a family meeting to talk about ways you might be a more peaceful family. Have each member rate your family and then talk about areas rated the lowest.

**0-30** Show a parent or other trusted adult your ratings, and talk about how you see things going in your family. What specific things would you like to see change?

## **Further resources:**

Parenting for Peace and Justice's **Family Pledge of Nonviolence**

Available in many languages and for different contexts (schools, etc.)

<http://www.ipj-ppj.org/pledge.html>

Books designed to help live out the pledge of nonviolence (communication, respect, etc.), from Institute for Peace and Justice: [http://www.ipj-ppj.org/resource\\_page.html](http://www.ipj-ppj.org/resource_page.html)

*Kids Creating Circles of Peace, An Activity Book for Kids (K-5)*

*Families Creating A Circle of Peace*

*Familias Creando Un Circulo de Paz*

Also from the Institute: *Circles of Peace, Circles of Justice Newsletter*