

# Individual Skills and Actions Prevent Violence.

Nine ways you can improve cognitive, emotional, interpersonal and social skills to effectively handle the challenges of everyday life...

If your child sees violence on TV, talk about it.

**Encourage critical thinking.**

**Compliment a friend's ability** rather than clothes or looks.

Do not make statements that reinforce negative stereotypes:

**“boys will be boys” - “man up!” - “you throw like a girl”**

**They hurt everyone.**

**Don't tolerate or dismiss degrading behavior and language**—it fuels bullying, discrimination and violence which quickly permeates family units, workplaces and the community-at-large.

**WATCH YOUR THOUGHTS.  
FOR THEY BECOME WORDS.**

**WATCH YOUR WORDS,  
FOR THEY BECOME ACTIONS.**

**WATCH YOUR ACTIONS,  
FOR THEY BECOME HABITS.**

**WATCH YOUR HABITS,  
FOR THEY BECOME CHARACTER.**

**WATCH YOUR CHARACTER,  
FOR IT BECOMES  
YOUR DESTINY.**

Lao Tzu

**Ask unit & community leaders to condemn any form of emotional, physical or sexual abuse** as part of their strategic communication and engagement with members/citizens.



**Encourage boys/men** in your life to demonstrate care & concern for others. **Remind girls/women** of their strengths to boost confidence and inspire a can-do attitude.

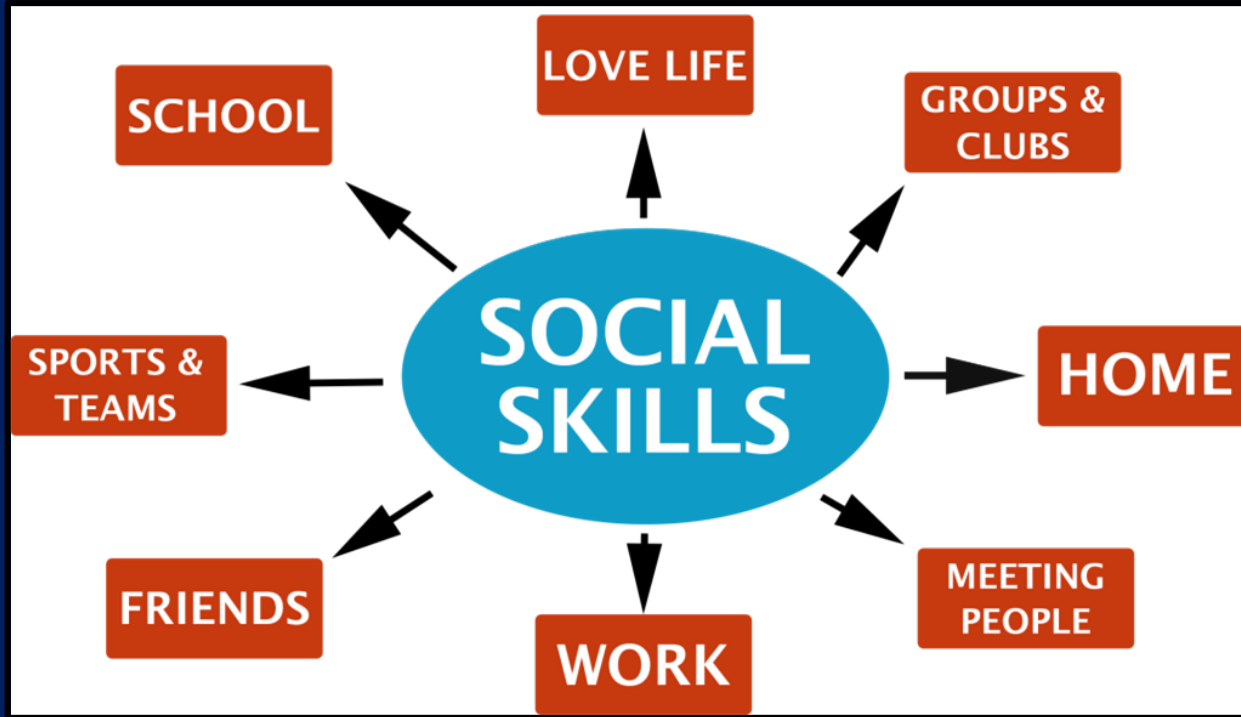


If children don't want a hug or kiss,  
**respect their right to choose** what happens to their bodies.

How do gender roles play out in your relationships?  
**Challenge yourself and others to change things up.**

**Actively promote** and recognize **gender equality** wherever possible:  
on social media, in personal/professional decisions.

Social skills affect every aspect of our lives... let's **strive to improve** them!



**TRAIN  
YOUR  
BRAIN**

Do the best you can until  
you know better. Then when  
you know better, do better.

Maya Angelou

@quotelany





# This is your responsibility.

## You Will Ever Have

Adding 'please' to any phrase sets a great example.

**HAPPINESS  
IS A CHOICE  
YOU MAKE**



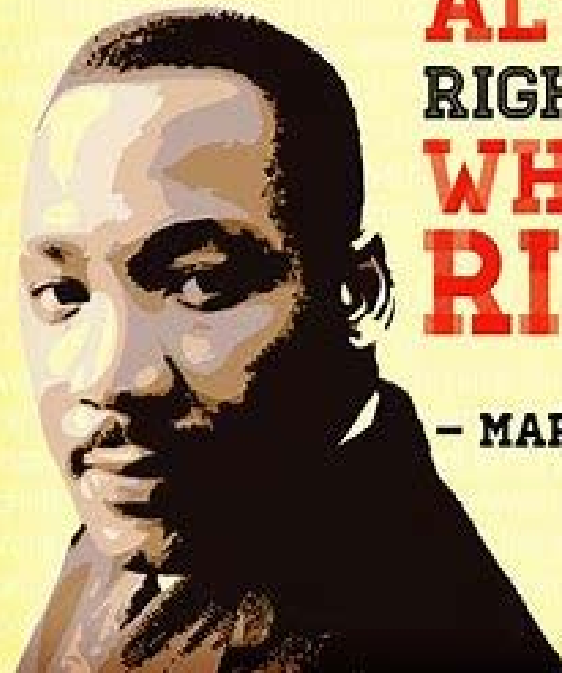
## EMOTIONALLY ABUSIVE BEHAVIORS & ATTITUDES

Withholding  
Restricting  
Isolating  
Threatening  
Abandoning  
Raging  
Constant criticism  
Ridiculing  
Demeaning  
Belittling  
Coercing  
Accusing  
Ordering  
Ignoring  
Minimizing  
Subtle non-verbal cues  
Denying one's reality  
Negative labeling  
Chronic deceit

IN A WORLD  
WHERE YOU  
CAN BE  
ANYTHING  
-be kind-

Respect other  
people's feelings.  
It might mean  
nothing to you,  
but it could mean  
everything to  
them.

Words have  
special powers.  
The power to  
create smiles or  
frowns. The  
power to  
generate  
laughs or tears.  
The power to  
lift up or put  
down. The power  
to motivate or  
de-motivate.  
The power to  
teach good or  
evil. The power  
to express love  
or hate. The  
power to give or  
take. The power  
to heal or harm.  
Choose your  
words  
carefully.  
A.D. Williams



”THE TIME IS  
**ALWAYS**  
RIGHT TO DO  
**WHAT IS**  
**RIGHT.**

- MARTIN LUTHER  
KING, JR.