



BLACK WOMEN FOR POSITIVE CHANGE

"Changing the Culture of Violence in America"

www.monthofnonviolence.org

15th Annual Month of Non-Violence, Families, and Understanding Impact of Artificial Intelligence

October 1-31, 2026



***HELP TO CHANGE THE CULTURE OF VIOLENCE IN AMERICA AND
AROUND THE WORLD!***

Sign Up at www.monthofnonviolence.org

***Free Violence Prevention Films Movies at
www.blackwomenforpositivechange.org Click "Media"***



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What is the Annual Month of Non-Violence, Families, Voting Rights and Opportunities?

The 14th Annual Month of Non-Violence, Families, and Understanding the Impact of Artificial Intelligence, will be October 1-31, 2026. It will be a month-long focus on violence prevention activities to try to "Change the Culture of Violence, in America and the World." National Organizations, schools, clubs, recreational centers and other entities are encouraged to host webinars or face-to-face events that focus on tools that can teach people how to de-escalate violence.

In 2024, there were 36 events in 10 U.S. States and 8 countries overseas, that included over 4,500 participants. This tool kit is designed to provide you with information for your family, schools and community. Get involved! Sign up at www.monthofnonviolence.org

White House Peace Circle, October 2024



Five High Schools from the District of Columbia and Maryland participated in a Peace Circle at the White House, October 2024.



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WHAT IS A PEACE CIRCLE?

A Peace Circle promotes voice and collaboration among students and adults to create violence-free futures.

A dream of a future without violence is an act of bravery. Creating a violence-free future is an important goal and we must try to provide children and adults, with platforms to express themselves. Restorative Peace Circles are a powerful way to empower individuals towards the goal of getting along and Restorative Peace Circles have proved to be effective in addressing conflicts and promoting healing in communities and schools. A Restorative Peace Circle invites young people and adults to share their perspectives, address conflicts, and promote healing. When they are empowered to speak their truth, they can take an active role in solving problems and overcoming challenges.

Restorative circles have roots in indigenous traditions and have been used to make decisions, resolve conflict, and build community for centuries. These practices have been shared and adopted across the world and are commonly used to address conflict and promote healing in schools and communities. In a Peace Circle individuals come together to share their thoughts and feelings in a safe and respectful space where everyone has an equal voice.

Trained facilitators lead discussions through a set of questions that invite empathy, reflection, and connection. These conversations can promote healing, strengthen relationships, and encourage people to take collective responsibility for creating positive change. A peace circle can take place in schools, community organizations, workplaces, neighborhoods, and other settings where people converge.

What is Peace Circles Month?

In 2025, there will be Peace Circles Month during the Month of Non-Violence, October 13-21st where organizations and schools will be encouraged to host Peace Circles for children and teens. Sign Up at www.monthofnonviolence.org



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HOW TO DO PEACE CIRCLES WORK IN SCHOOLS, FAITH CENTERS, RECREATION CENTERS AND AT HOME?

The purpose of circles is to build community, agency, trust, and respect, so it is important that everyone be present. This requires some preparation including an initial circle discussion on what kinds of guidelines there will be. Standard ones include listening without interruption, waiting your turn to speak, speaking using "I" words, confidentiality and respect.

Students should sit in a circle where everyone can sit in chairs or on the floor, since this is more relaxed and invites a different vibe than sitting at their desks. It is important for each student to see all of the other students.

"If students talk about private family issues, abuse, suicide, drugs or alcohol ...

- When you start facilitation circle be very clear as to what types of issues you are mandated to report. Students will appreciate the clarity.
- Be sure to clearly explain the limit of confidentiality is anything related to danger to self or others
- Consult with your Principal or mental health support staff about how to pre-plan for this possibility and discuss in an age-appropriate way.
- Follow-up with administration, school based mental health counselor, or school nurse immediately and make a mandated report as necessary. Teachers may even need to personally walk the student to a school mental health professional."

Initially, circles are for students to get to know one another better. As trust builds and openness grows, more questions can be asked. Kids can also contribute questions to a community bowl and questions can be chosen from that. It is so important that this space be safe if someone needs to get upset. So much is built from being authentic and the rest of us being able to be present in that. People have had many stuffed emotions in their childhoods, so it is not unexpected for some of them to blow up. However, emotions should not be abusive or abrasive. Emotions need to be normalized to help everyone to learn healthy ways to deal with them, including defining the underlying need behind them. Always a good question: What do you need (from us) right now?

The beauty of having teachers hold the circles is that they are part of and included in the relationship building process. The teachers (or whoever the circle keeper is) need to be just as honest and transparent as the children. In fact, they need to model that.

Check In and Check Out Circles are the most common used in schools. They can be at the beginning of a class, a day, or a week, with check out at the end of the class, day, or week. As the name implies, these circles check in within the appropriate context of what is helpful/needed in the moment and how to design/respond to upcoming challenges. Check-ins can be personal, academic and interpersonal. This is an easy process and it is helpful to get feedback from teachers.



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Suggested Questions for Peace Circles

- On a scale of 1 - 10 with one being your worst day (week) ever and 10 being your best day (week) ever, what number would you pick and why?
- Share the highs and lows from your day.
- If you could make a weather report that describes your day, what would it be?
- Share your rose (best part of your day), thorn (worst part of your day) and bud (what you are excited about for tomorrow).
- Choose a color that best describes how your day has gone. Explain why.
- If you were a vegetable, what vegetable would you be?
- If you woke up tomorrow as an animal, what animal would you choose to be and why?
- If you could live anywhere on this planet and take everything that you love with you, where would you choose to live? Tell the group about your choice.
- What favorite color are you and how does being that color make you feel?
- If you could choose an imaginary friend, who/what would you choose and why?
- If you could sit on a bench in a beautiful woods, who would you like sitting next to you on the bench and why?
- Are you sunrise, daylight, twilight, or night? Please share why you picked your time of day?
- If you could choose your age forever, what age would you choose and why?
- If you could be in the movie of your choice, what movie would you choose and what character would you play?
- If you could meet any historical figure, who would you choose and why?
- If you were a city, which city would you choose to be and why?
- What are your ten favorite foods?
- If you were a candy bar, which candy bar would you be? Share why.
- If you were to change your name, what name would you adopt going forward? Why?
- Are you spring, summer, fall, or winter? Please share why.
- If you were stranded on a desert island, what three items would you want to have with you?
- Share a description of your favorite material object that you already own?
- What item that you don't have already, would you most like to own?
- If you could only choose one vacation destination where would you pick and why?
- If you were to create a slogan for your life, what would the slogan be? (Examples: "Eat, drink, and be merry, for tomorrow, we all die." "Bite off more than you can chew." "There are far better things ahead than any we leave behind.")
- Pick something out of your pocket or purse and share with the group why it's important to you.
- If you awoke one day as a flower, what flower would you choose to be?



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Suggested Comments to Help Students Get Acquainted

- Share a happy childhood memory
- Share a funny story from your life.
- If you could be a superhero, what superpowers would you choose and why?
- How would your best friend describe you?
- What would you not want to change about your life?
- If you could talk to someone from your family who is no longer alive, who would it be and why?
- If you had an unexpected free day, what would you like to do?
- If you were an animal, what animal would you be and why?
- Name two things or people who always make you laugh.
- I like to collect...
- Name one male and one female who is a good role model for young people.
- When was the last time you said "yes" and would have liked to say "no?" Why did you say "yes?"
- If you could have a face to face conversation with someone here or passed who would it be and why?
- Describe your ideal job.
- Describe your favorite vacation.
- If you could change anything about yourself what would it be?
- What is one skill or talent you have?
- What are three "gifts" (attributes of yourself) that you bring to the circle?
- If you were a reporter, what kind of stories would you like to write about?
- Who are some of your heroes? Why are they your heroes?
- What do you think other people see as your best quality? Why?
- What is the silliest thing that ever happened to you?
- What is the best thing that happened to you this past week? What was the most difficult or challenging thing that happened to you this week?



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Questions to Help Students Tell Stories from Their Lives

- A time when you had to let go of control.
- A time when you were outside your comfort zone.
- An experience in your life when you "made lemonade out of lemons."
- A difficult experience out of which you discovered a gift in your life.
- An experience of causing harm to someone and then dealing with it in a way you felt good about.
- An experience of letting go of anger or resentment.
- A time when you acted on your core values even though others were not.
- An experience where you discovered that someone was very different from the negative assumptions you first made about that person.
- An experience of feeling that you did not fit in.
- A time in your life when you experienced justice.
- A time in your life when you experienced injustice.
- An embarrassing moment that you can laugh at now.
- Something that scares or scared you. How do/did you deal with it?
- Something that makes/made you angry. How do/did you deal with it?
- A time that was one of your most difficult challenges. How did you deal with it?

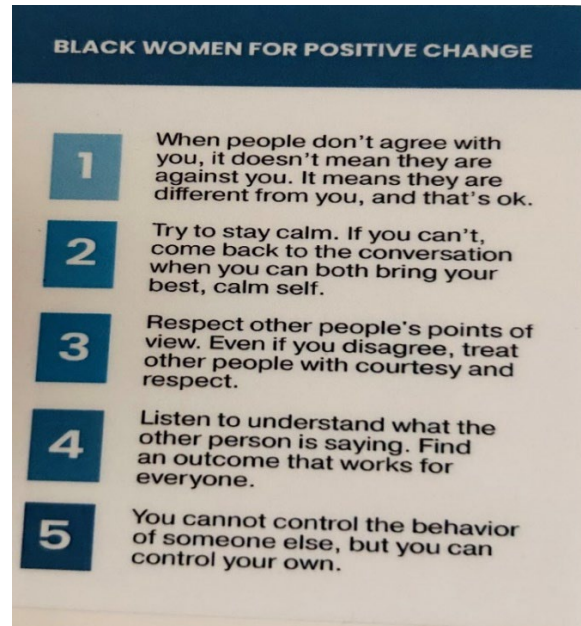


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Help Youth Resolve Conflicts. Order Wallet Cards Today



Order Wallet Cards

<u>Cards</u>	<u>Donation</u>
50 Cards _____	\$45.00
100 Cards _____	\$100.00
200 Cards _____	\$140.00
500 Cards _____	\$335.00

Sub. Total _____
 Plus \$ 10.00 S & H _____
 Total: _____

Name:
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 City/State/Zip Code

Organization:

Payment: Cash App: \$ BW4PC: Zelle: positivechangefdn@gmail.com (Wells Fargo)

Make checks payable to: Positive Change Foundation
 1220 L. Street, NW, # 100-181
 Washington DC 20005



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**ORGANIZE PEACE CIRCLES AT FAITH INSTITUTIONS, SCHOOLS, REC
CENTERS AND AT THE KITCHEN TABLE DURING THE 2025 MONTH OF NON-
VIOLENCE, FAMILIES AND UNDERSTANDING IMPACT OF ARTIFICIAL
INTELLIGENCE
OCTOBER 1-31, 2026**

- *Make a Peace Circle Mural in Your Community*
 - *Help Organize a Peace Circle Harmony Jam Concert*
 - *Organize Peace Circles in Schools!*
 - *Create Peace Circle Art*

To be a part of the Peace Circle Movement join Black Women for Positive Change at www.blackwomenforpositivechange.org --- Dues \$ 100.00 annually.



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National Black Nurses Association

100 Fathers Inc.

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