



# *The Palestine Red Crescent Society PRCS*

- Youth Promoting Culture of Non Violence and Peace,

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# Youth Promoting Culture of Non- Violence and Peace ,



- Changing a culture of violence into a culture of peace requires a transformation of problems to creative and constructive solutions that answer the needs of those involved. When we think about violence, discrimination and exclusion, the challenges may seem incredible . However, these challenges are fundamentally connected. Ignorance and misunderstandings, assumptions based on a lack of communication and mistrust, feed discrimination and violence. These all influence and reinforce one another. Vulnerability to violence, discrimination and exclusion can also be linked to a number of common social determinants, such as alcohol and drug misuse or abuse, poverty, inequalities of income, gender or power and misuse of power. Seeing these connections, it becomes clear that it is essential to systematically address common root causes. Just as there can be common roots of violence, discrimination and exclusion, there can be common solutions.



- Successfully addressing these three humanitarian challenges requires a change of mindsets, attitudes and behaviours. We need a global mind and behaviour shift from the way we currently think and interact: from being locked into differences to valuing diversity and pluralism; from adverse reaction to joint response and even further to proactive prevention; from exclusion based on fear to connection based on our common humanity; and from resorting to verbal or physical violence when feeling threatened to constructive dialogue and trust. We need a values-based transformation of human behaviour. We need to start with ourselves. We all carry bias and prejudice. Awareness, questioning and critical self-reflection can help break conditioning or correct bias learned through schooling, media and upbringing. Equipping parents, teachers



- communities, organizations and each and every individual with skills to interact constructively and live harmoniously together, such as empathy, active listening and non-violent communication, will support and help sustain this values-based mind shift. Values and skills-based education is a concrete action contributing to this required change of mindsets, attitudes and behaviours Through values and skills-based education – whether in school, family or community life – children, for example, will learn how to act with non-judgement\* or listen actively and therefore gain a respect for diversity. Having respect for diversity will lessen their chance of participating in discriminatory behaviour and, later on, in adolescence or adulthood, to resort to violence when confronted with tensions or problems. This positive ‘snowball’ effect will ultimately benefit



- society as a whole by helping to reduce the well-proven social and economic costs of violence and by creating safer communities. Another strategy can be volunteering. This brings personal fulfilment in the well-being of our communities. Voluntary service creates social connection, develops a sense of belonging and consequently can be effective in reducing or preventing violence



*How Can NS Promote this  
culture ?*



- Principles
- Values
- Skills



## Fundamental Principles

- Humanity
- Impartiality
- Neutrality
- Independence
- Voluntary service
- Unity
- Universality



## Values

- Peace
- Human dignity
- Respect for diversity
- Equality
- Inclusiveness
- Compassion, care, friendship
- Mutual understanding
- Solidarity and cooperation



## Skills

- Empathy
- Active listening, critical thinking, dropping bias
- Non-judgement
- Non-violent communication
- Stress management
- Negotiation/mediation



- From yesterday speech from the youth meeting and As young Volunteers ,,,
- what we need to Promote the culture of non violence and Peace ?



- => Include Peace & Non-Violence theme in the agenda of National
- Societies mandate in time of peace and conflict.
- => Invest in Youth training and actions in order to get more young
- agents of Peace & Non-Violence.
- => support the development of new tools and facilitate the fact that we
- can share between National Societies.
- => support in spreading our messages & actions through mass media.