

Help Increase the Peace @ Civitas

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Special points of interest:

- HIPP @ Civitas Peer Mediation Group is back up and running.
- HIPP @ Civitas visits the White House
- Peer Mediation class offers advice to Help Increase the Peace

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First Session of 2010 by Ms. Mia

It was an honor to teach the 1st Peer Mediation class of 2010. It was a great class, with great students committed to helping increase the peace within their personal lives, Civitas, and their schools. Everyone leaves the class with tools to be true Peace Advocates at Civitas and beyond.

Look out for:___ because they are your brand new Peer Mediators. These students worked hard to get the concepts and apply them. Hold them to this new responsibility!

This session has been a crazy one. We got a record setting amount of snow, giving us more snow days and 2 hr delays than we ever imagined. This definitely put a damper on the first session but somehow we were able to make it a great one. We got a surprise visit from First Lady Michelle Obama at a White House Tour. We also learned many new and useful things. We



Ms. Mia facilitating

had great discussions, played fun games and most importantly learned how to handle conflict peacefully and productively. I want to thank Mr. W, Mr. Fire-side, Mr. Marc and Ms. Turner for being such a great help and inviting AFSC into the Civitas community. Of course I also want to thank the students. I look forward to your future accomplishments as Peace Advocates!

What is a Peer Mediator?

A peer mediator is someone who:

1. Steps in to help resolve conflicts between their fellow peers
2. Deescalates bad situations quickly
3. Communicates to staff effective strategies to reduce conflict within the school
4. Is an example to other students by handling conflict in a peaceful and respectful manner
5. Works with the stu-

dents involved and the Behavioral Interventionist to come up with an action plan that works.

If you're interested in becoming one. Join the next class!

What I Learned by Kini Reid

1. I learned about conflict. I learned that conflict is very hard to avoid no matter how hard one may try. Even though it is hard to avoid that does not mean that you do not do anything to keep it at a minimum. For peer mediators when you are dealing with conflict you want to hear both sides of the story before you actually point out what or who was wrong in the situation. Also when having conflict you want to try to deal with the situation using non violence to avoid fights or just making the situation worse.

2. I also learned the "Feeling Statement Formula". The formula goes: When _____ I feel /get _____ because

_____ (State behavior here)
_____ (State feeling here)

_____.
(State the effect it has on you here)

3. I learned about good listening skills. In class we practiced good listening skills by partnering up with someone and we had to listen to the things people told us about themselves. Then we had to do a mini presentation of introducing the person and telling the whole class the same things that the person told you about them. This helped us with "good listening skills" because if you could remember everything or most of what your partner told you showed an accurate presentation of good listening skills and if you could not you showed the incorrect way of good listening. Also we had a few examples of an actual conversation of both good listening skills and bad listening skills. Also when you are listening well to a person you are able to summarize what the person said, give eye contact, don't interrupt and ask clarifying questions.



Peace Advocates, KaTia, Talaytha, Kini and Daquan at Work

4. I also learned what it feels like to have a great teacher. Ms. Mia was one of the best teachers that I had ever had. She is not mean at all and is very patient with kids. She is also a very inspiring young woman. Even though I don't bring it to her attention, what she does for the students at Civitas just shows the great character that she has. Ms. Mia is very good at planning trips (THE WHITE HOUSE TRIP WAS AWESOME). MS. Mia is just pure GREATNESS!!!

"I learned that conflict is very hard to avoid no matter how hard one may try. Even though it is hard to avoid that does not mean that you do not do anything to keep it at a minimum"

Peer Mediation by Chanell Stansbury

This session I learned that violence isn't the way to solve problems. When you have a conflict with someone, you get that person together with a person you trust to talk about who will listen to both sides. This class has made me want to be a peer mediator more than before.

The reason why I want to be a peer mediator are because I love to help

others and teach others how to resolve problems because violence doesn't solve anything, it only makes matters worse.

For the next session in Peer Mediation, I would suggest taking more field trips to show us more examples of how to solve real issues. I look forwards to coming to Peer Mediation next session because this was a fun experience.



Chanell, Lanique and Shantez in Peer Mediation Class.

Words to Live By...

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"There should be peacefulness instead of war... nothing good comes out of fighting or it solves no one's problems."

-Essence Vinson

"Try to be fair to everyone without picking one side. Try to listen to everything people have to say."

Taylatha Carter

"Having peace is an accomplishment and a decision. It gives you a feeling that you've done something great."

-Essence Vinson

'CONFLICT COULD BE GOOD BECAUSE IF YOU IGNORE IT, YOU COULD BE LYING TO YOURSELF.'

-Shantez Hines

"The less you criticize and point out another's faults the more they'll listen to you and hear your point of view and where you're coming from."

- Chanell Stansbury

"You can be successful by just knowing you did your best and doing your best works all the time."

-KaTia Moses

"The more I make people believe in me, the more they will listen to me."

-Jessica Brisueno

"TRY TO BE FAIR TO EVERYONE WITHOUT PICKING ONE SIDE. TRY TO LISTEN TO EVERYTHING PEOPLE HAVE TO SAY."

-Talaytha Carter

"Without love there can be violence."

-Shantez Hines

"If the world has no peace than no one can or will be happy."

-Kini Reid

"There are no good things without knowing who you are."

-Essence Vinson

"[W]e are not going to deal with the violence in our communities, our homes, and our nation, until we learn to deal with the basic ethic of how we resolve our disputes and to place an emphasis on peace in the way we relate to one another" -

Marian Wright Edelman

Before we use violence we need to learn to resolve the smallest problems and increase the peace. People need to learn how to speak to others and work on themselves before focusing on their communities.

-Chanell Stansbury

"You need to make peace and not enemies."

- Alicia Butler

"A war was never good because someone always didn't make it... Peace is the best thing ever!"

-Daquan West

"The more people stop caring about other's flaws and notice their talents and what they can do, the more a person can grow a perspective of respect for that person."

-Shantez Hines



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Look out for the Peer Mediators at Civitas! They're trained to help you resolve your disputes in a peaceful and productive way.

This session's Peer Mediators are:

1. Kini Reid
2. Essence Vinson
3. KaTia Moses
4. Ta'Laytha Carter

The new Peer Mediators will work with Ms. Turner to find more creative solutions for our day to day conflicts at Civitas. Ms. Turner says "I believe mediation encompass the power to allow the healing process to begin."

Quaker values in action!

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