

Resources for Children, Youth, and Those Who Care for Them

Related to the Prevention of Gun Violence

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Nonviolence begins in the heart, and the earlier nonviolent attitudes are shaped, the better!

PREVENTING GUN VIOLENCE BY ADDRESSING UNMET NEEDS

After gun violence has occurred, we hear recurring themes dealing with **WHY** the shooter committed murder, or **WHY** the youth committed suicide:

- they couldn't take the bullying any longer / sought revenge... or wanted to end it all
- they had unaddressed mental health needs
- they felt disconnected from others, few or no "safe people" in their lives
- they were unable to deal with their feelings in a prosocial way /self-regulate / cope
- they lacked the ability to manage conflicts nonviolently / de-escalation
- they suffered from traumas experienced earlier in life and / or recently, or PTSD
- they had become desensitized to the feelings and suffering of others
- they were involved with drugs and/or gangs in attempts to address their unmet needs

NONE of the above are offered to suggest that the violence is condoned nor excused;
ALL of the above are offered to invite us **to equip** those who care for children and youth – and also the children and youth themselves – **to identify** and **to meet the needs** which will promote wholeness and healing for each person, and **to help create the beloved, nonviolent community**.

GOALS FOR PREVENTION OF GUN VIOLENCE

BUILD CAPACITY IN CHILDREN / YOUTH TO BE AND TO SEE THEMSELVES AS...



CARING

- ~ Feel and act out of respect for self and others
- ~ Empathize with others and cultivate compassion so that others feel truly seen and heard
- ~ Prevent bullying and intervene if bullying occurs; being "an upstander rather than a bystander"



CAPABLE

- ~ Identify, understand, and deal pro-socially with emotions
- ~ Solve problems nonviolently
- ~ Build and use coping strategies for dealing with trauma and stressors



CONNECTED

- ~ Feel and act out of a deep sense of belonging and connectedness, and being beloved
- ~ Build community, including making sure that children and youth have a number of "safe people" in their lives
- ~ Repair harm to relationships, making things "as right as possible" for all (Restorative Justice)

BUILD CAPACITY IN THOSE WHO CARE FOR CHILDREN AND YOUTH TO...

- ~ Provide a non-judgmental, listening ear – being a "safe person" for child / youth in distress
- ~ Understand the impact of trauma on children and youth, and the challenge that trauma presents for children to make pro-social choices
- ~ Develop a "Trauma-Responsive Lens" – i.e., identify trauma and know how to build resilience, increasing protective factors through trusted, safe relationships; wondering "What's happened to them?" rather than "What's wrong with them?"
- ~ Learn how to identify when a child or youth is about to become "trauma-reactive"
- ~ Learn how to assist in de-escalation / teach coping skills
- ~ Learn how to pick up on / address / refer to professional help those who have unmet mental health needs; learn what resources are available and how to access them

A TOOLKIT TO HELP US MOVE TOWARDS THE GOAL OF PREVENTING GUN VIOLENCE BY ADDRESSING UNMET NEEDS

SOME RECOMMENDED RESOURCES AND PRACTICES

12-2023 Linda K. Williams (LKW_BetterWorld@yahoo.com – Retired from SDUSD) and Mandy Park (cob-gvp@onearthpeace.org)

- **Restorative Justice Practices (RJP):** to help change lives and even save lives
 - ~ Creating a caring, supportive environment for all children and youth, and
 - ~ Where harm has been done, making things as right as possible.
 - **A Day in the Life of a Student who is Part of a Restorative Community**
A powerful poster from the SDUSD RJP Department:
https://lkwbetterworld.files.wordpress.com/2023/12/rjp-sdusd_day-in-the-life.png
 - **PEACE PATH from Cherokee Point Elementary:** a Restorative Justice and anger management tool for students and families -
 - ***Student / Home Reference sheet** (1 p. with graphic, 1 p. with directions in Eng. /Span.)
 - <https://lkwbetterworld.files.wordpress.com/2017/06/peace-path-from-cpe-1-p-graphic-plus-directions-in-eng-and-span.pdf>
 - * **Wall Poster** format (3 pages with graphic, w. 1 page directions in Eng. and Span.)
 - <https://lkwbetterworld.files.wordpress.com/2017/06/peace-path-from-cpe-all-4-pages.pdf>
 - **RJP Videos and resources** offered on the San Diego County of Education website
<https://www.sdcoe.net/students/whole-child-and-community-design/restorative-justice-practices>
 - **Community-Building Classroom Circles:** A Key Restorative Practice
<https://lkwbetterworld.files.wordpress.com/2017/06/classroom-circles-resources-for-introducing-or-reviewing-to-use-with-cc-cc.pdf>
 - **Compassionate Comprehension with the Common Core**
<https://lkwbetterworld.files.wordpress.com/2017/07/7-9-17-revisions-cc-cc-8-p-master-doc.pdf>
- **Gun Violence Prevention in Action: Powerful TED Talk-- 7.5 min. video + transcript**
A planned school shooting never happened because of a peer's compassion
 - https://www.ted.com/talks/aaron_stark_i_was_almost_a_school_shooter/transcript
- **Kingian ("KING-ee-in") Nonviolence: based on the teachings of Dr. Martin Luther King, Jr.**
 - **Community Building Songs & Resources** to Support Kingian Nonviolence – 28 songs
Free download, including Circle Topics for each song and 9 song videos:
 - <https://betterworld.bandcamp.com/album/community-building-songs-to-support-the-kingian-nonviolence-curriculum-link-below-for-pdf-of-all-lyrics-think-and-share-invitations>
 - **Kingian Nonviolence Family Table Discussion** Packet from On Earth Peace
 - [Education Packs Kingian nonviolence principles.pdf](https://educationpacks.org/kingian-nonviolence-principles.pdf)
 - **Kingian Nonviolence videos / resources for children, youth, and teachers / training**
 - <https://nonviolentschoolsri.org/>
- **Caring and Capable Kids:** 52 No-cost Songs, Circle Topics and Resources for Social Emotional Learning, Dealing with Feelings, Promoting Empathy and Compassion, and more
 - <https://caringandcapablekids.com/caring-and-capable-kids/>
 - **Dealing with Feelings:** Songs and Resources
<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-dealing-with-feelings-bonus-resources-greatly-expanded.pdf>
 - **Promoting Empathy and Compassion:** Songs and Resources
<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-empathy-compassion-bonus-ress.pdf>
- **TRAUMA-RESPONSIVE LENS: PACEs (Positive & Adverse Childhood Experiences)**
 - PACEs Connection: <https://www.pacesconnection.com/>
 - Many resources available at <https://www.acesconnectioninfo.com/>
 - "Eyes of Compassion" Song video: https://www.youtube.com/watch?v=5_7Wik2gPfE
Lyrics: <https://lkwbetterworld.files.wordpress.com/2021/05/eyes-of-compassion-a-trauma-informed-lens-song.pdf>
- **Youth Empowerment / Organizing to Prevent Gun Violence** <https://studentsdemandaction.org/>