This is a difficult time. We help each other by showing kindness and patience.

How are you using your power positively?
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Community Conversation

Discussion Questions

- What do you see in this image?
- How can you strengthen your relationship during this time?
  - Commit to kindness; commit to never using violence.
  - Show your family you care – make time to talk, to play, to do chores together.
  - Remember that your positive, kind and patient behavior during this time will build trust and connection with your partner and/or family.

Take home idea

Use your power positively, use this time to build trust and connection with your partner/family.