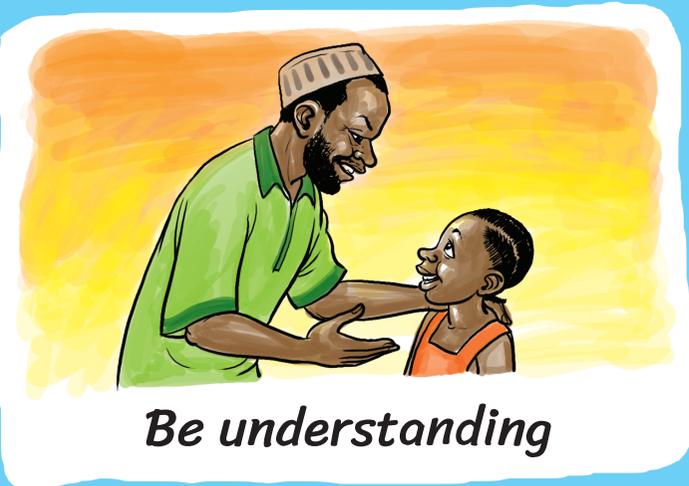


# *The situation is challenging right now, your family can be a safe place.*



*Be understanding*



*Support each other*



*Make family time fun*

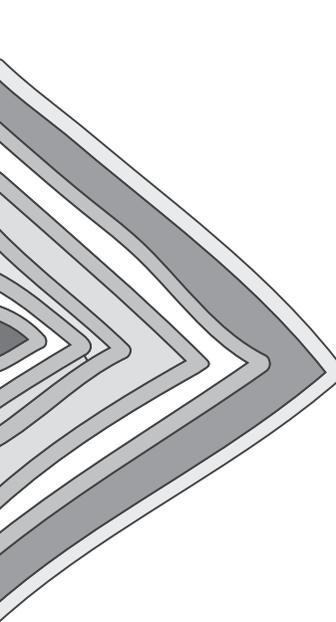


*Role model respect and kindness*



*Give extra love*

*How are you using your power to help your family feel safe?*



# Discussion Questions

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▶ ***What feels unsafe in families?***

- When there is conflict, disrespect, unfairness or unkindness between the parents or other family members.
- When there is violence (physical, economic, emotional, sexual). When one member is using power over others.
- When there is intimidation, control, fear, and dishonesty.
- When there is no consistency or predictability in life for adults or children.

▶ ***How can we create more safety in our families?***

- Agree to talk through conflict respectfully—use polite language, be patient and empathize (imagine the situation from the other person’s perspective).
- Commit to never use violence.
- Listen to how others feel, trying to safely help and support them in difficult times.
- Seek help from others who you feel comfortable with.
- Be generous in how we interpret or see the words or actions of others.

## Poster

# 2

**Take home  
idea**



***Even in difficult times, our families can be a place of love, trust and safety when we use our power positively.***