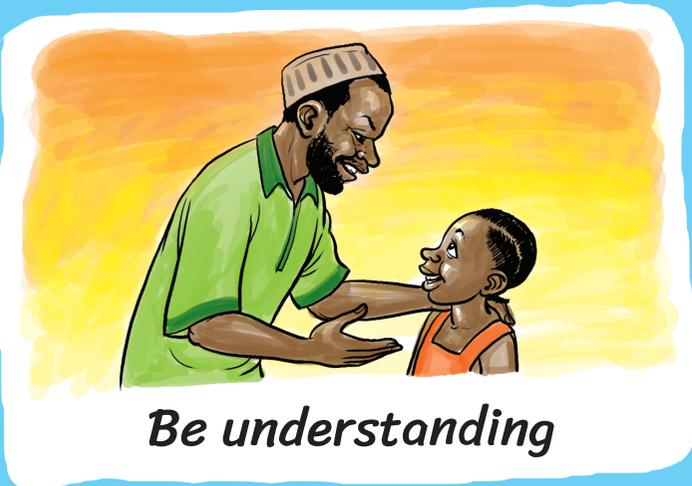


The situation is challenging right now, your family can be a safe place.



Be understanding



Support each other



Make family time fun

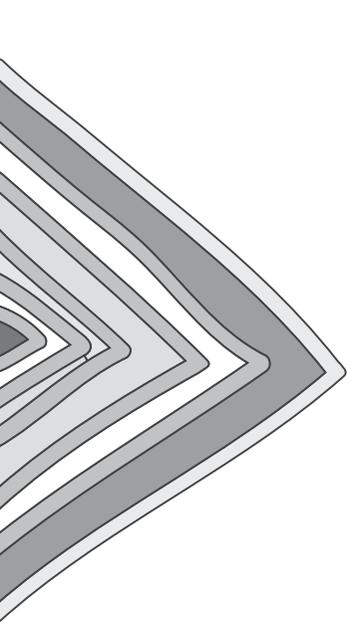


Role model respect and kindness



Give extra love

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



Discussion Questions

▶ *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.