Peace Literacy 4: The Recipe for Strong Communities, Families, and Relationships

The following peace literacy skills help develop the kind of culture in which shared trust thrives:

3 Elements of Universal Respect
- Listen with Empathy
- Don’t Be Hypocritical
- Speak to People’s Potential

4 Ways to Remain Calm
- Give the Benefit of the Doubt
- Do Not Personalize the Conflict
- Keep Things in Perspective
- Maintain Empathy