

THE KINDNESS VACCINE

AIMS

- To identify violence as a social problem that can be prevented by making a commitment to build a peaceful, kind, and non-violent environment.
- With the children's participation, discover peaceful ways of solving everyday problems and conflicts and set up a protocol to prevent such situations from arising.
- To make a commitment to the right of children to a peaceful existence and protection from all form of violence.

NECESSARY MATERIAL

- A vaccination booklet, manifesto and plaster strips. You can download and personalise your own at: www.unicef.es/educa/buentrato
- A large roll of paper or cardboard.
- Pens and colouring pencils, markers, or paints.
- Pictures, newspaper/magazine cuttings and other elements that represent the kind of violence you are concerned about.
- Glue sticks for constructing the mural.
- 1 photocopy of the annexed form for every student.

EXTRA MATERIAL

- "Safe to learn. Learning in a protective environment": Education in Children's Rights and Global Citizenship. Available at: www.unicef.es/educa/biblioteca/a-salvo-en-la-escuela

Like viruses, the only thing violence produces is victims: everyone loses out when violence erupts. And just like epidemics, prevention is better than cure. This year we'd like your school to get involved in creating a peace and kindness vaccine to keep our environment protected on November 20, Universal Children's Day. Remember, we're talking about a different kind of vaccine, one that'll make you think! Find out more!

Preparing the activity

The first part of the activity involves using a metaphor – the violent-virus – to reflect and talk about the violence that affects us in our day-to-day life. This will allow us to draw analogies that will help focus the conversation on preventing violent attitudes and behaviour. Once the violence-related issues that affect us have been defined and projected onto the violent-virus, we can focus on the aspects that are needed (respect, friendship, empathy, protection, etc.) to address this violence. The solutions the class comes up with will form the basis of our 'vaccine' which the students need to find a name for. They also need to draw up a list of commitments and demands regarding non-violent and kind behaviour in the school environment.

The second part of the activity involves downloading and printing the group vaccination booklet PDF which has been personalized by adding the agreed name of the virus, vaccine and list of commitments and demands. The booklet also includes a manifesto for the whole group to sign and the plaster strips for distribution during the school vaccination campaign.

November 20, Universal Children's Day is a perfect day to run the peace and kindness vaccination campaign.

This activity can be adapted for different age groups. At pre-school level, the focus can be on developing appropriate social and emotional skills and behaviour (greeting each other, saying please and thank you, comforting others etc.). In Primary and Secondary Education, issues such as bullying, stereotyping, discrimination, herd mentality and lack of empathy can be discussed and solutions which draw on mediation, assertiveness and peaceful conflict resolution can be put forward.

Violent-virus:

The violent-virus is a fictional character inspired in real life. It is really ugly and horrible to look at because it reflects our concerns, fears and frustrations. It is a reflection of the violence we want to do away with in our environment.

Being nice:

Being nice or kind to each other is much more than simply not being abusive to each other. It involves actively respecting each other, being kind to each other and helping and supporting others when they need it.

STEP 1

Design your own 'violent-virus'

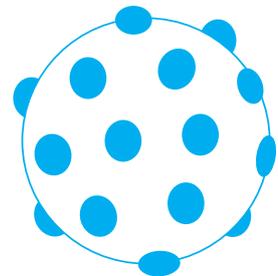
If you want your violent-virus to look like other viruses, you can use one of our models, but you can also let your imagination fly and create a violent-virus that represents your particular concerns about violence in your environment and all over the world.



STEP 2

Isolate the virus

"Isolate" your violent-virus by creating a classroom mural and putting it in the centre. The mural will serve as a Petri dish where your vaccine will be used to treat the virus. Even though viruses are actually microscopic, yours needs to be big and scary.



It has to stand out and be clearly visible in the centre of the mural. For it to represent violence effectively, you can use different elements to make it really frightening. Add graphic magazine clippings, images and words to bring it alive and give it personality: it is important to be able to recognise violence in order to stop it.



STEP 3

Give it a name

Don't give it an ordinary name though, it has to be super scary. Some individuals and groups are vulnerable to a particular kind of violent-virus. Have you noticed some people are unable to express their opinions? Maybe there's an epidemic of Silencer Terribilis in your school. Are there other groups who feel left out? Maybe you are facing an outbreak of Discrimina-Excludis. Are social networks an unpleasant place to be? It could be a case of Digital Bullyitis at work. It doesn't have to have a scientific, latin-based name. The important thing is that you find the right name to describe what it is that you want to get rid of.

STEP 4

Draw up a list of vaccine ingredients

Working alone or in small groups, prepare flash-cards with "ingredients" (ideas/actions) of how to beat the violent-virus. Describe each of them on the card (e.g. "respect", "friendship", "listen"), including the active ingredients, how instructions and recommendations for use. Surround the violent-virus mural with the flash cards so they can start working to reduce its effect.

STEP 5

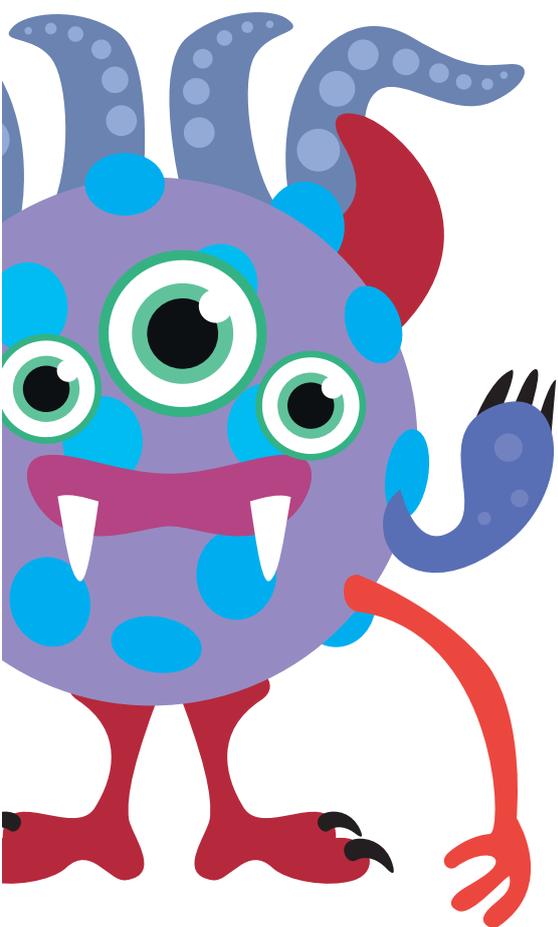
We've found a vaccine!

The vaccine is on the mural, ready to be manufactured and distributed. It's time to give it a name and, decide on five non-violence action points the group is willing to commit to and draw up 3 requests to submit to the leaders responsible for protecting children's rights (e.g. the school board, town hall, media or government, etc.)

STEP 6

The class non-violence manifesto

Download and print the manifesto at www.unicef.es/educa/buentrato. Complete it with the list of commitments and demands the class has agreed on and signed. Hang it in a visible place in the classroom as a reminder to act accordingly during the school year. You can also show it to the people and institutions you have sent your demands in defence of every child's right to protection from violence.



Recommendations

If you post your campaign on social networks, use the hashtag #ENDViolence to ensure it reaches as many people as possible.

- Take pictures of your mural, the formula for your vaccine, the manifesto and the plaster strips, so that everyone can see your goals and how good your vaccination campaign is.
- If you plan to take photographs on the day of the campaign, make sure to ask people for permission first.
- Organize a team of 'press' reporters to follow and write about the day's events in the school blog or for www.unicef.es/educa/blog
- If you want to invite local media to the event, contact them and send them a press release beforehand.
- Afterwards, don't forget to thank everyone who helped you with the vaccination campaign in any public statements you make.

Discover more ideas at www.unicef.es/educa/blog/difunde-tu-actividad

STEP 7

Start the immunization campaign

November 20th, Universal Children's Day is a good date to start the campaign in favour of peace and kindness. Apart from the manifesto pdf download, print the name of your vaccine on the plaster strips which you can hand out during the immunization campaign. Remember the vaccine isn't something that's given, it is something that makes you think. The main aim is to explain to the patients what the violent-virus is and how your class's formula for peace can make it go away.

STEP 8

Tell everyone about your vaccine!

Make sure everyone in the school hears about your vaccine: organize an interview or programme about it on the school radio, write an article for your school blog, publish it on social media, or send it to us at www.unicef.es/educa/blog and we'll publish it for you. You could even contact the local radio stations or newspapers.



#endviolence

MY PEACE VACCINE FORMULA

Formula name:

Active ingredients:

To be used for:

Instructions for use:

Recommendations:

Prescribed by:

Signature:

