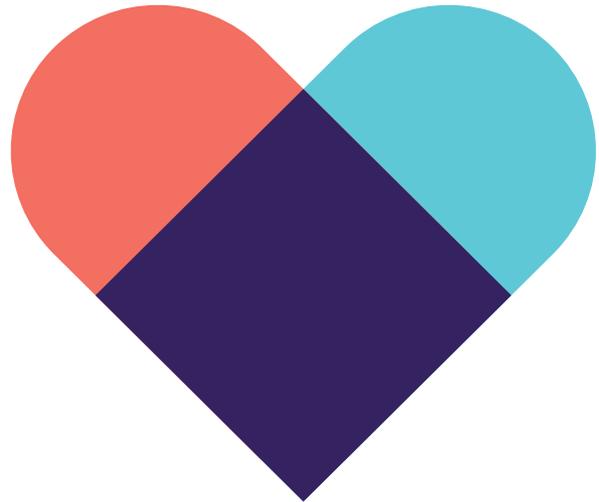




## 3 Cs: COMPASSION

Being a peacemaker isn't about what you do — it's about who you are. Peacemakers stand out because they speak up for their values and make commitments to help the world. There are three values that define peacemakers and peacemaking projects: compassion, courage, and collaboration.

Use this toolkit to help you explore ways to lead with compassion in your peacemaking work.



### What is compassion?

*Compassionate peacemakers notice when something is unfair, and they want to make a difference. They reach out to people with different perspectives and identities to make lasting change, and they believe in the worth and dignity of everyone.*

### Compassion in Action: Peace First Fellow Stories

#### Babatunde

Babatunde was driving home from an internship when he was harassed and threatened by police officers. He knew that many of his friends had experienced the same injustice, too, and it made him angry that people of color in Baltimore faced this kind of mistreatment. But he wasn't just angry, he was curious about what caused police officers to behave this way. He organized conversations with officers to learn about their beliefs and experiences, and used the insights he gathered to lead trainings to help police officers relate better to young people of color. By the end of his project, Babatunde had trained two thirds of the Baltimore Police Department. Babatunde didn't agree with, or even like, many of the police officers he worked with - but by taking the time to learn about what they believed, he was able to make a big difference.

*Compassion isn't about being friends with everyone - it's about trying to understand everyone's perspectives.*



### Danielle

Growing up with cerebral palsy, Danielle was bullied for her disability throughout her time in school. When she got to college, she was determined to create an inclusive space for students with disabilities. Working with a friend who didn't have a disability, she started a program called Unified Sports, which brought students with and without disabilities together to play basketball and build empathy. Unified Sports soon expanded to include other sports and a mentoring program. Slowly but surely, Danielle noticed that barriers were starting to come down, and students who may not otherwise have gotten to know each other were able to connect and build friendships despite their differences.

*Compassion is about bringing people together and building empathy across lines of difference.*



## How to Put Compassion Into Action

In your peacemaking project	In your daily life
<ul style="list-style-type: none"> <li>• <b>Recognize injustice.</b> Notice when things are wrong or unfair, even when they don't affect you. Speak up when something is wrong.</li> <li>• <b>Practice empathy.</b> First, work to understand others' feelings, experiences, and perspectives, especially of the people most affected by the injustice, and make sure that what you learn from those conversations guides the way you approach the project.</li> <li>• <b>Work with unlikely allies.</b> Connect with people of different backgrounds and ideas. Work with and learn people who may be different from you, or who you may not agree with. Make sure your solution respects the dignity and worth of every person.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Listen — really listen.</b> Take time to seek out the stories and ideas of others. When you do, take the time to truly hear what they're saying, sense how they're feeling, and think about why they feel the way they do. Just listen - without trying to respond to or fix anything.</li> <li>• <b>Ask "why?"</b> What do people care about? Why do they feel the way they do? Why are certain things important to them? Don't just get to know people - get to know their point of view, and show people that you want to understand what they believe.</li> <li>• <b>Speak with care.</b> Choose your words thoughtfully. Pay attention to how people react, and realize that your words have impact on others.</li> </ul>

## Your Compassionate Commitments

Think about a time you've practiced compassion — or seen someone else's compassion in action. Then make a commitment to practice compassion in your daily life.

An example of a compassionate commitment might be: "I commit to asking people I disagree with "why do you feel that way?" and listening without judgment."

Making specific commitments to put your values into action is an important part of peacemaking. Share your commitments with a friend, a mentor, or on your profile on [PeaceFirst.Org](https://PeaceFirst.Org).



As a compassionate peacemaker, I commit to.....

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

## Compassion in Action: Right Now

Now it's time to take action and show the Peace First community your compassion.

Go to [peacefirst.org/stories](https://peacefirst.org/stories) and find a story that another young person has posted about their experiences. It could be about what led them to start a project – or their experience making a project happen. Read the story, and take time to really understand it: what matters to this person? How are they feeling about their experience? Why might they feel this way?

Then, leave a comment that shows compassion. You might empathize with them, or you might ask a question to learn more. You might identify something you share in common, or agree with their understanding of an injustice that they see. You might do all of these things. Using compassion to support other young people in the community helps all of us to learn from each other.

**Little actions have huge impacts, because they can touch people's hearts in powerful ways. By showing compassion within a community, you inspire and influence others to show compassion as well.**

*"People don't take the time to get to know each other. And if you can't put a face to the issue, it is hard to care about it. But if you want something to change, you have to do it, you have to start it. Show people how to do it with your actions, and then they will follow."  
- Danielle*