

LETS TALK ABOUT

LIVING IN A WORLD WITH VIOLENCE

THE CHILD'S RIGHT TO BE SAFE

AN ACTIVITY BOOK FOR SCHOOL-AGE CHILDREN



CHILDREN'S RIGHTS ARE HUMAN RIGHTS

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A NOTE TO KIDS

Children have a right to be safe. This book is about violence and how it makes you feel. It's also a book that helps us know what to do about violence.

In this book I ask you to write and draw things about who you are and what you think. That's because writing and drawing help us to understand what we think and how we feel. If something in the book makes you feel afraid or sad, try to write about it, or draw a picture, or maybe talk to someone about it. Don't worry about your writing or drawing. There are no right or wrong words or good or bad pictures. There's just what you think and feel.

You may need help reading this book, or maybe you want someone to read the book to you because you like to have people read to you. That's fine. My daughter is a good reader, but when she was a child she loved to have people read to her. You also may need help writing things down in the book. That's O.K. too. Take your time. You can get help from a friend of yours or from a grown-up.

This book is for you to share with someone who cares about you. You can show the book to anyone you want to. Choose someone who is a good listener and who can spend the time with you. It might be someone in your family like your mom, dad, aunt, uncle, grandmother, grandfather, or cousin. It might be a friend. It also might be your teacher at school. Your teacher might be a good person to show this book to. You choose. Just ask them.

Always remember that you have a right to feel safe, and if you do feel bad because of violence, you can get help to feel better. There are grown-ups who can help you learn to feel safe. This is not easy sometimes. But it can happen.

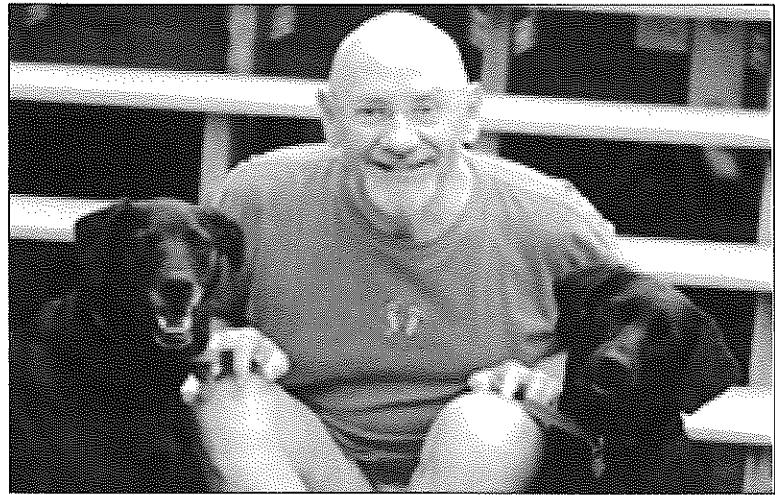


Dr. G.

P.S. It's O.K. if you want to color in the drawings. That's why the artist drew them. This is your book to use.

Who Is Dr. G.?

I'm Dr. G. Some kids call me that because my family name is **G**arbarino and I am a type of doctor called a psychologist who helps grown-ups help children. My first name is Jim.



Who am I? I'm a man who cares for children. I am a father with two children of my own, a boy and a girl, both are grown up now. I have two dogs. Their names are Dharma and Hope. Here's a picture of me with Dharma and Hope.



And this is a picture of me when I was a little boy, in 1952. I'm four years old. I'm wearing my favorite cowboy hat and standing in front of the building where I lived with my mom and dad. My brother and sister weren't born yet.

I grew up and went to school near New York City--"The Big Apple" as people call it. The name of my elementary school was Centre Avenue Elementary School. (You'll see my drawing of the neighborhood I live in now later on in your book.)

When I was a kid I played baseball, football, and basketball and talked with my friends. I read books. I watched TV and went to the movies. And I got into fights sometimes.

Now I live in Chicago. A big part of my job is to talk with kids about being hurt or scared by violence and to find ways to help them feel better and safer. This book is my way of talking with you.

Who Are You?



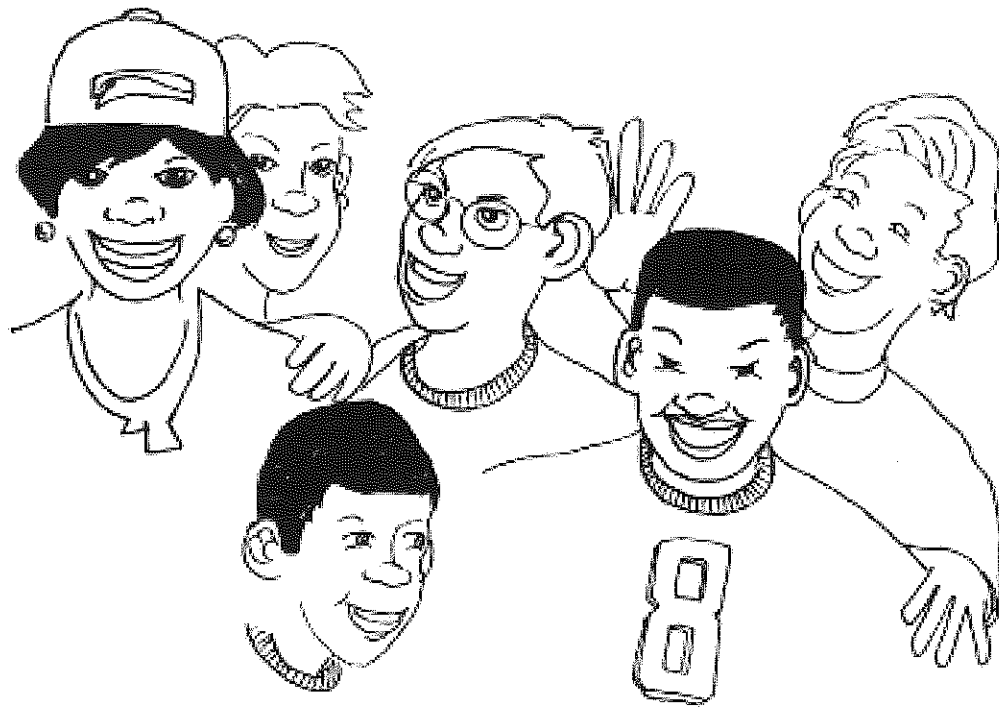
Now you have an idea about who I am.

But who are you? Here are some questions to answer.

What is your name? (I don't have a middle name. Do you?)

How old are you?

Where do you live? (What city or town? What street?)



Who lives with you? (Mom? Dad? Brothers or sisters? Don't forget to name your pets, if you have any.)

What's the name of your school?

What are the names of the friends you spend time with?

Now here's your chance to write down some other things about yourself. There's space on the next page for your story. Think about what you like to do and places you like to go, and write it down. Draw a picture of yourself too, doing something you like to do. It's a good idea to share your writing and drawing as you go along.

My Story About Who I Am

Now that we've talked about who we are, let's begin talking about how we live in a world with violence. And we'll continue to tell stories and draw pictures.

What is Violence?

V-I-O-L-E-N-C-E. This is a word we hear on television and the radio and see in the newspapers. It can be a frightening word. But what does it mean?

When I want to know what a word means, I look in a dictionary. So I went to the library and looked in several dictionaries written just for kids.

This is what I found in the Young Reader's Dictionary: Violence is "great physical force."

I didn't think that was a very good definition because the word violence has something to do with hurting people. Just saying "great physical force" isn't enough. And, most kids think "great" means "good," even though the people who wrote the dictionary think it means "big" or "powerful." I decided we need a different definition.

So I looked in another dictionary for children called Very First Dictionary. It didn't have any definition at all! Maybe they thought violence is a word that kids don't know about or shouldn't know about.

Then I looked in the World Book Dictionary and found a long definition. Part of the definition was: Violence is "rough force in action."

That seems a little closer to what I think violence means. "Rough force" sounds like it leads to hurting. "In action" means someone is doing something.

If you have a dictionary take a look at what it says violence means. You can look online at www.worldbook.com, www.wordcentral.com, or www.wordsmyth.com.

