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PEACE THROUGH ACTION MEET-UPS

What are Peace Through Action Meet-Ups?

[Peace Through Action Meet-Ups](#) bring small groups together to create simple, personal action plans for increasing peace in their relationships and communities. Participants reflect on their values, explore what motivates them, and identify practical steps they can take to make a difference.

What does the meet-up cover?

Each meet-up guides you through a process to:

- Clarify what social or community issues matter most to you.
- Explore how those issues connect to your personal values.
- Reflect on what motivates you to act.
- Use that information in an online search to generate personalized action ideas.

The activity uses ChatGPT to create a customized list of actions ranging from quick, informal steps to more structured commitments. This ensures every participant leaves with options that match their values, interests, and comfort level.

What happens during the meet-up?

An activity leader guides the group through a series of reflective questions that help you identify what matters most to you and how you prefer to act in a cause or project. You think through your own answers. You can share your insights with other participants in the group. This creates a supportive space where people learn from one another and enjoy a friendly, meaningful conversation.

Next, you enter your reflections into ChatGPT (an artificial intelligence chatbot) using a computer, tablet, or smartphone. ChatGPT generates a personalized list of actions, ranging from quick, simple steps to more organized or ongoing commitments. If you don't have a device with you, the leader can offer a backup option.

The meet-up lasts about 90 minutes.

What outcomes can participants expect from the meet-up?

We hope you will leave the meet-up with:

- A personalized list of actions you can take to strengthen peace in your relationships and communities.
- Clear motivation to act on issues that matter to you.
- A sense of connection with others who care about creating a more peaceful environment.

Meet-ups often help people move from worry or frustration to meaningful, value-driven action.

Who are Peace Through Action Meet-Ups for?

Anyone can participate. No background knowledge or specific skills are required. Peace Through Action Meet-Ups work well for people who feel unhappy with the way people are not getting along these days and want to do something constructive instead of worrying, complaining, or giving up.

How do I attend a meet-up?

Here's the thing. Peace Through Action equips everyday people to teach other everyday people, which is to say, our peers. Instead of waiting for the "right" event to appear, you can get one started by leading a meet-up yourself as a [volunteer](#).

Leading a meet-up lets you:

- Choose who to invite.
- Set the time and place.
- Shape a meaningful experience for people you care about.

If you prefer not to lead alone, you can ask a friend, colleague, or family member to lead. Or pair up with someone and lead a meet-up together.

I'm considering volunteering to lead a meet-up. What support do you provide volunteers?

We provide everything you need to lead confidently:

- A complete script to guide your conversation
- Digital or printable resources for you and participants
- An activity delivery guide
- A planning worksheet
- Sample promotional messages
- Customizable graphics for outreach
- One-on-one support.

I want to review the meet-up resources before I decide to lead one. Where can I find them?

Meet-Ups resources are posted on [this webpage](#).

Some resources for activity leaders only are on a password-protected webpage. We will give you access to that page after you have signed up to volunteer.

I want to lead a meet-up. How might I bring it to my community?

The easiest thing to do is ask a small group of people you know. That could be your friends, family members, co-workers, people from your faith community, neighbors, or a mix of people from various aspects of your life.

If you want to open your meet-up to anyone from your community, you could post your gathering on [Meetup](#), [Nextdoor](#), or your neighborhood's Google Group or listserv. You

could post flyers on community bulletin boards at your neighborhood's library, grocery stores, and laundromats.

Okay, I'm in. How do I sign up to lead a meet-up?

1. Visit the Meet-Ups Activity Leader [volunteer page](#) to learn about the role.
2. Complete the [volunteer interest form](#) (accepted year-round).
3. A Peace Through Action team member will contact you to take the next steps.

I'm not ready to lead a training. What if I know someone else who would make a great session leader?

1. Encourage them to do it! There's nothing like being asked.
2. Send them to [this webpage](#). They can read the information and decide whether to volunteer.
3. Check in with them, not to hassle, but to continue to encourage them.

Leading a Peace Through Action meet-up isn't for me. What else can I do to increase peace in my relationships and communities?

Visit our [Do Something for Peace](#) webpage and choose another of our actions.

Meet-Ups Resources

[Peace Accelerators Program webpage](#)

[Meet-Ups Activity Leader volunteer webpage](#)

[Volunteer Interest Form](#)

[Activity Leader Resources webpage](#) (password-protected)

[Peace Through Action® USA](#) inspires and equips everyday people to increase safety, belonging, and peace in their relationships and communities by cultivating their compassion and increasing their constructive communication and conflict resolution skills. Join us in doing something for peace through our [website](#), [email](#), and [social media](#). We request your [gift of money](#) at your choice of amount to support our mission work.