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## PEACEFUL YOUTH LEADERS PROGRAM

Peace Through Action's **Peaceful Youth Leaders** program is our way of cultivating servant leadership skills, nurturing social and emotional growth, and fostering civic engagement, with an emphasis on peace, among youth.

Since 2022, we have been developing and field-testing Peaceful Youth Leaders in school and community settings. We are now refining the curriculum and preparing it for national dissemination in 2027.

Designed for youth development organizations, residential youth programs, community centers, and spiritual communities, Peaceful Youth Leaders offers flexible, modular lessons that strengthen communication, conflict resolution, leadership, and civic engagement. Lessons can supplement existing programming or be implemented as a comprehensive year-long servant leadership development curriculum.

Please complete this [brief interest form](https://bit.ly/4bmOrgH) (<https://bit.ly/4bmOrgH>) to be notified when Peaceful Youth Leaders becomes available.



### Program Framework

Peace Through Action developed Peaceful Youth Leaders using an experiential, constructivist learning model. Rather than beginning with concepts, definitions, or lectures, each lesson starts with an engaging experience that encourages participants to explore, reflect, and make meaning. Facilitators then introduce knowledge and skills that help participants constructively navigate challenges in their relationships, schools, and communities. The curriculum is experiential, practical, modular, and focused on leadership development and real-world application.

### Our Call to Action—Do Something to Increase Peace!

- **Attend** a virtual event to explore civic and social concerns.
- **Learn** about various forms of social distress and practical peace solutions.
- **Promote** peaceful communication within your networks and in the public square.
- **Uplift** your hope and optimism for increased peace through prayer & meditation.
- **Volunteer** to host an action planning meet-up or peace skills session with peers.
- **Start** a community peace project in your neighborhood, town, or city.

**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.

## PEACEFUL YOUTH LEADERS CONTENT

Peaceful Youth Leaders consists of 19 units with two lessons each, for a total of 38 lessons. Each lesson follows a consistent instructional sequence of Hook → Experience → Meaning-Making → Skill Introduction → Application → Reflection & Action Commitment. The curriculum provides flexibility in topic selection, choice of activities, and lesson complexity. Organizations may implement the full curriculum over the course of a year or during an intensive program or select individual units to supplement existing programming. Units and lessons follow.

### Phase 1: Building Your Foundation

#### Unit 1: Becoming a Peaceful Youth Leader

- 1A: What is Leadership?
- 1B: The Peaceful Youth Leader Framework

#### Unit 2: Identity, Values, and Growth

- 2A: Personal Values & Strengths
- 2B: Developing Strengths & Personal Growth Mindset

#### Unit 3: Compassion

- 3A: Self-Compassion
- 3B: Extending Compassion to Others

#### Unit 4: Active Listening, Support & Asking for Help

- 4A: Active Listening (Presence & Reflection)
- 4B: Asking for Help & Supporting Others

#### Unit 5: Boundaries, Safety, and Self-Respect

- 5A: Personal Boundaries (Emotional & Physical)
- 5B: Enforcing Boundaries & Protecting Yourself

#### Unit 6: Cooperation & Teamwork

- 6A: Cooperation Skills & Working Together
- 6B: Teamwork & Group Problem-Solving

#### Unit 7: Community & Belonging

- 7A: Inclusion, Safety, & Belonging
- 7B: Building Belonging & Action Plans

### Phase 2: Navigating Relationships

#### Unit 8: Constructive Communication

- 8A: Expressing Yourself Clearly
- 8B: Constructive Communication Under Stress

#### Unit 9: Conflict Basics & Escalation Awareness

- 9A: What is Conflict?
- 9B: Escalation Awareness

#### Unit 10: De-escalation

- 10A: Self-Regulation in Conflict
- 10B: De-escalating Others

#### Unit 11: Power, Pressure, & Personal Agency

- 11A: Understanding Power
- 11B: Responding to Power

#### Unit 12: Group Dialogue Skills

- 12A: Dialogue vs Debate
- 12B: Facilitating & Participating in Group Dialogue

### Phase 3: Facing Harm with Courage

#### Unit 13: Prejudice Reduction

- 13A: Bias Awareness
- 13B: Perspective-Taking & Humanization

#### Unit 14: Online Conflict & Polarization

- 14A: Social Media, Conflict & Misinformation
- 14B: Navigating Online Disagreement Constructively

#### Unit 15: Bullying & Harassment

- 15A: Understanding Bullying & Harassment
- 15B: Responding to Bullying & Harassment

#### Unit 16: Upstander Intervention

- 16A: Recognizing Harm & Knowing When to Act
- 16B: How to Intervene Safely & Effectively

### Phase 4: Creating Peace Through Action

#### Unit 17: Negotiation & Relationship Repair

- 17A: Negotiation Basics
- 17B: Repairing Harm & Rebuilding Trust

#### Unit 18: Peace Circles & Restorative Practices

- 18A: Introduction to Restorative Practices

#### Unit 18B: Participating in a Peace Circle

#### Unit 19: Creating Change in Your Community

- 19A: Applying Servant Leadership Principles
- 19B: Action Planning