

## **VOV ACTIVITIES**

### **Taking Responsibility for the Violence in Your Environment Grades 7-12**

#### **Power of One**

- Purpose:** To reinforce the idea that one person can make a difference in challenging the root causes of violence.
- Time:** 5-10 minutes.
- Materials:** Paper or index cards, pens or pencils, tape or stapler.
- Directions:** Hand out paper and pens. Ask each person to work independently. Ask the group to each write one thing that they can really do, after the workshop, to make a difference. Ask the group to be serious and realistic. When written, ask each person to fold their card, seal it with tape or staples, and write their name and address on the outside. Explain that you will send these “pledges” to them in a few days, to remind them of their commitment to take action. Send the pledges back in 2-4 days.
- Notes:** If you are working in a school, ask people to write their homeroom, rather than their home address.