



## LEADER LINKS

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### ***About the LEADER LINKS...***

The Leader Link is a weekly message delivered via email to support character development, good citizenship and social responsibility. The Leader Links address the same character traits that our students focus on throughout the week. Each Leader Link provides a simple definition, an inspiring quotation, a thought provoking question and an action prompt to encourage you, your friends, associates or group to consciously incorporate each quality into daily living.

## NONVIOLENCE

### **Definition:**

**NONVIOLENCE means to be free from harm. Nonviolence is the practice of using peaceful means to solve a problem.**

Help develop a common vocabulary by communicating the meaning of NONVIOLENCE through your daily actions.

### **Leader's Message:**

Nonviolence requires the ability to resolve conflicts peacefully. Through good communication, self-control and compromise, you can solve problems effectively and free from harmful words or actions.

### **Food for thought:**

Consider this quote by Cesar-Chavez:\* *"Non-violence is not inaction. It is not discussion. It is not for the timid or weak. Non-violence is hard work. It is the willingness to sacrifice. It is the patience to win."* Think about how it applies to your life? Do you agree with it or not?

### **Action Prompt:**

**Use your brain over your brawn!** Walking away from a potential fight or argument can take more strength than engaging in a physical match. Use your inner "mind muscles" to battle problems that come up rather than using your fists. When a person fights with his or her body, troubles aren't solved; they are merely put aside in favor of fighting. By expressing your viewpoints and feelings and coming up with a solution, problems will be solved permanently.

*\*Cesar-Chavez (1927-1993) American Activist and Labor Organizer who founded the National Farm Workers Association.*