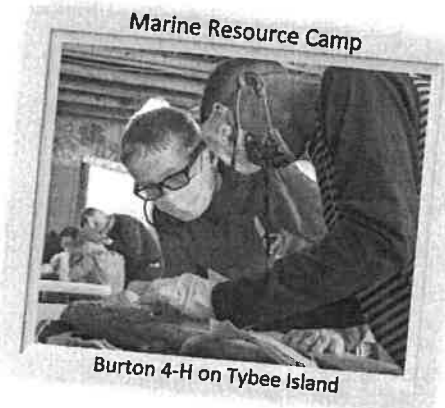


# Living Together Peacefully @ 4-H Specialty Camp

## What does living in peace mean?

Peaceful living means respecting ourselves and others, working together to get things done, and caring about one another.

So let's begin making plans for a peaceful week at camp! The camp schedule is a busy one, and each one of you will have to take care of yourself throughout the week. Here are just a few ways you can help keep the peace during your week of camp.



## Don't Be a Trouble Starter

Everyone feels angry sometimes, but if we let our anger get out of control, our problems just get worse. Sometimes people even get hurt.

Watch out for trouble starter warning signs like yelling, name calling, making fun of someone, using bad language, lying, hitting, taking something that is not yours, spreading rumors, being "bossy," threatening someone, making racist remarks, and more...

## Be a Peace Keeper

We each control the way we act and the things we say. Repeat after me: "Peace begins with me." When things get heated, staying calm can help stop trouble before it starts.

Say, "Let's calm down." or "Let's work this out." Walk away from trouble or go ask someone like an adult leader for help. Remember to use calm, friendly words.

## Stay out of Deep Trouble

There are some things that can get you in **DEEP TROUBLE** including being sent home and/or having the **UGA Police** contacted:

These include:

- ⇒ Possession or use of illegal drugs
- ⇒ Possession or use of a weapon
- ⇒ Assault or harassment
- ⇒ Inappropriate sexual behavior



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## Code of Conduct Key Points



- We will be living in close quarters and spending a lot of time together. Treat others as you expect to be treated.
- Listen to the adults and follow the rules, even if you don't like the rules. If you are asked to sit and listen, sit and listen. If you are asked to quiet down and go to sleep, quiet down and go to sleep.
- We are counting on everyone to be on time to activities and to be where you need to be. If you are unsure, ask an adult or counselor.

- Some of us may like to play jokes or make fun but others do not. We must respect each other's feelings. If you can't say something nice, don't say anything at all.
- When we are frustrated with each other, we will smile and walk away or find an adult, counselor or teen leader to talk to. We will not threaten each other or tell each other we will hurt each other.
- We will keep our hands to ourselves. Our bodies will not touch each other's bodies in hurtful ways. We won't punch, pinch, slap or hit. And we won't use something else to do this either.
- We have our own space. Our cabin is our space; our room is our space; our bunk is our space. We stay in our own space. We do not go inside other people's cabins, rooms, bunks or areas.



- If you have a problem, if you don't like the way someone is treated or how you have been treated, first ask them to stop. If they are not willing to accept your request, talk with an adult.

- We want to tell the truth. We want to share our worries and concerns but we want to be sure we are truthful. If you have not seen it, done it, or been part of it, don't repeat it.



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