

# BEING A PEACEMAKER: A CODE OF RIGHT CONDUCT

(developed by Outside Now Teens 2015-16)

## **Respect for Self: Take Care of Yourself.**

- Keep yourself healthy and in good shape: stay hydrated, eat nutritious food, get plenty of rest, exercise, meditate, listen to and make music, interact with animals.
- Be outdoors often to play, wander, or be still. Give yourself time to recharge. Stay in balance.
- Think ahead and be aware of what you do and how your actions affect you.
- Do what you commit to doing. Be authentic and true to your word.
- Listen to and trust your own instincts about what is right. Say “no” when you need to.
- Accept yourself as you are with all your gifts and imperfections. Reflect on your strengths and weaknesses and grow from there.
- Learn to “go with the flow,” realizing you may not do things perfectly the first time you try.
- Admit and forgive yourself when you make mistakes. Love yourself.
- Ask for help, accept guidance, and take in appreciations offered by others.
- Remove yourself from a situation that feels threatening or demeaning.
- Follow your interests and hobbies to develop your gifts. Work for what you love.
- Express yourself in whatever way works best for you. Give thanks daily for the gift of your life.
- Commit to being alcohol and drug free on program and in the community.

## **Respect for Others: Treat Others as You want to be Treated.**

- Connect with everyone in our group as brothers and sisters to build a sense of family and community.
- Hold your mentors and elders in high regard. Bring your best to interactions with those who are sharing their gifts with you.
- Listen carefully to the thoughts and feelings of others. Be attentive when someone is giving information or directions.
- Honor requests others make of you. Give people space. Respect boundaries.
- Include others in your activities. Practice cooperation and compromise. Be hospitable.
- Stand up for people who are being picked on. Be compassionate and help out when someone is struggling.

- Approach others with honest words and a kind, open heart. Be genuine when interacting with others.
- Accept people as they are and give them room to grow. Accept quirks and practice non-judgement.
- Allow for ideas and opinions that differ from your own.
- Live in a manner that allows others to feel safe in your presence. (physically, mentally, and emotionally)
- Be open to working through issues with others in a supported setting and to learning effective communication tools.
- Take responsibility for your actions and mistakes.
- Offer and accept sincere apologies and forgiveness when conflicts arise. Be fast to forgive.
- Acknowledge and appreciate others when you notice something they've done well.
- Bring laughter to others. Invite others out in nature. Make conversation with those who are lonely.
- Give thanks daily for the gift of friendship.

## **Respect for the Earth: Treat Nature as You would a Best Friend.**

- Tend the land whenever the opportunity arises. Always leave a place better than you found it.
- Allow wild things to remain wild.
- Always ask permission before modifying or removing anything from its natural setting. Take only what you need. Be aware of how your actions impact the earth.
- Hold good intentions when hunting or harvesting. Make full, meaningful use of anything you harvest. Express gratitude for the food you eat.
- Walk softly and with awareness on the Earth. Treat the Earth as you would your mother: listen to her with your heart. Show the Earth you do not take her for granted.
- Conserve resources by being observant of what you use every day. Reduce consumption.
- Be cautious and observant in new terrain. Be aware of your surroundings.
- Live in a way that promotes the well-being of all life forms on the planet. Coexist with all living things around you.
- Admire the beauty and majesty of the Earth. Honor the strength of the elements: earth, air, fire, water. Celebrate life.
- Help other people learn awareness of Nature and reconnect to the natural world. Consider the legacy you are leaving for the next seven generations.
- Remember “whatever befalls the Earth, befalls us.” (paraphrasing Chief Seattle.)
- Give thanks daily for the gifts of the Earth.