

Peace Literacy helps us gain a more accurate **understanding** of the world and our place in it.

For example, we need to know that:

Trauma is ubiquitous and can become tangled with our nonphysical needs with predictable consequences.

Humans have **9 nonphysical needs** such as belonging and self-worth that help us get our physical needs met.

Human aggression is a distress response.

We have a phobic reaction to aggression directed at us by other people.

The introduction and maintenance of structural injustice is often an unhealthy attempt to meet nonphysical needs like belonging and self-worth.

Peace Literacy involves learning and practicing **skills** such as:

Recognizing Distress in Ourselves and Others

Cultivating Calm in Ourselves and Others During Conflict

Peace Literacy helps us build these **capacities or muscles**:

Listening with Empathy

Leading by Example

Imagination
Hope
Curiosity

Language
Appreciation
Discipline

Conscience
Reason
Empathy

There are **7 nutrients for developing healthy belonging** in strong communities.