

## **PANIC CARD**

ACT IT OUT!

I say:

We can talk about it,  
but it will not  
change anything...



Peace Please



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## **PANIC CARD**

ACT IT OUT!

I exasperate:  
You guys overcomplicate  
things so much.



Peace Please



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## **PANIC CARD**

ACT IT OUT!

I start to sing or  
chant the Aum mantra.



Peace Please



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## **PANIC CARD**

ACT IT OUT!

I apologize I need to go  
for a walk in nature,  
to reconnect with myself.



Peace Please



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## **PANIC CARD**

ACT IT OUT!

I mumble:  
I have a good idea,  
but you will not  
listen anyway.



Peace Please



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## **PANIC CARD**

ACT IT OUT!  
I express self pity.



Peace Please





## **PANIC CARD**

ACT IT OUT!

I sigh:

It's not gonna  
work out anyway.



Peace Please



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## **PANIC CARD**

ACT IT OUT!

Shout:

Let's calm down  
and talk about it later!



Peace Please



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## **PANIC CARD**

ACT IT OUT!

I initiate  
a group hug.



Peace Please



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## **PANIC CARD**

ACT IT OUT!

I say:  
let's hold hands,  
and start grabbing  
people's hands.



Peace Please





## **PANIC CARD**

ACT IT OUT!  
I start laughing  
and say:  
this situation  
really reminds me of  
a certain movie.



Peace Please



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## **PANIC CARD**

ACT IT OUT!

I stutter something  
and can't find  
the right words  
to form a sentence.



Peace Please



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## **PANIC CARD**

ACT IT OUT!

I suggest to go out  
for a beer and  
talk about it there.



Peace Please



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## **PANIC CARD**

ACT IT OUT!

I say:

Let's roll a joint first!



Peace Please





## **PANIC CARD**

ACT IT OUT!

I start  
to make photos.



Peace Please



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## **PANIC CARD**

ACT IT OUT!

I eat junk food  
to reduce stress  
and feel better.



Peace Please



## **PANIC CARD**

ACT IT OUT!  
I yell: "shut up!"



Peace Please



## **PANIC CARD**

ACT IT OUT!

I make fun of the situation.



Peace Please



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## **PANIC CARD**

ACT IT OUT!

I ignore the situation  
by looking at my phone.



Peace Please



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## **PANIC CARD**

ACT IT OUT!  
I show my outrage.



Peace Please



## **PANIC CARD**

ACT IT OUT!

I apologise for going  
to the toilet and  
return when  
the round is over.



Peace Please



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## **PANIC CARD**

ACT IT OUT!

I apply breathing  
techniques to calm down.



Peace Please



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## CHALLENGE CARD

Your youth organisation struggles with integrating LGBTQ+ education into its curriculum, as some members express discomfort. What do you do?

CORE CONCEPTS AND VALUES

**Peace Please**



## CHALLENGE CARD

You participated a few times  
in a campaign against fur farming  
with a group of young  
animal activist.

They face online backlash:  
“Kids go hungry and this  
is your priority?”  
What do you do?

**ECONOMIC AND  
SOCIAL SUSTAINABILITY**

**Peace Please**



## CHALLENGE CARD

A youth group is planning an event.

All the organizing members come from the same background, and some members want to invite migrant and refugee youth. Other members think inviting them will create difficulties. How do you react?

RESPECT FOR HUMAN RIGHTS

**Peace Please**



## CHALLENGE CARD

A youth leadership program  
unconsciously gives more  
opportunities to  
male participants.  
Female and nonbinary  
participants speak out.  
As a male ally,  
what do you do?

EQUALITY AND REPRESENTATION

**Peace Please**





## CHALLENGE CARD

A youth-led organization is facing a power struggle: older members have always made the big decisions and newer, younger members' voices aren't being heard.

Some senior members worry that shifting leadership will cause chaos, while younger ones believe fresh ideas will make the group stronger.

What do you do?

DECISION-MAKING

**Peace Please**



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## CHALLENGE CARD

You're in the media team of  
a youth group that struggles  
with internal disagreement  
over how strongly to criticize  
government policies.  
Some fear retaliation.  
To balance expression and safety,  
what do you do?

COMMUNICATION AND SHARING  
INFORMATION

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**Peace Please**



## CHALLENGE CARD

At a summer camp  
for children and youth  
there is a child with autism,  
who struggles to be with others.  
The child pushes others  
away frequently and  
one of the children comes up  
to you to ask for help.  
What do you do?

TEAMWORK AND COLLABORATION

**Peace Please**



## CHALLENGE CARD

You have joined a volunteering project for several weeks, together with other young people. One weekend the organisation you volunteer for asks you to work the whole weekend for 12 hours a day. You say you're supposed to have weekends free, but they tell you that they really need you and don't have enough volunteers. What do you do?

CONFLICT NAVIGATION

**Peace Please**





## CHALLENGE CARD

Two of your colleagues had an argument in the previous team meeting, which took all the meeting, not leaving time to discuss work, and it ended without any resolution.

Today the next team meeting is about to start, and nobody mentions the argument, although you feel tension.  
How do you react?

CONFLICT NAVIGATION

**Peace Please**



## CHALLENGE CARD

You would like to have a conversation with a group that has opposing views and you need your boss to agree. The boss, on the other hand, thinks you should pressure the group indirectly to act differently, because their actions are "bad". What do you do?

CONFLICT NAVIGATION

**Peace Please**



## CHALLENGE CARD

A colleague shares  
with you that they feel  
uncomfortable with  
a sexist joke about them  
that was made by  
another colleague.  
How do you react?

EQUALITY AND REPRESENTATION

**Peace Please**



## CHALLENGE CARD

Your organisation wants to start a project for an underprivileged group, but has no members of this group within the organisation. You can't afford to hire a new person though. What do you do?

EQUALITY AND REPRESENTATION

**Peace Please**





## CHALLENGE CARD

A colleague makes a joke about a politician that offends the person you are closely cooperating with on a project.

You considered the joke funny, as you disagree with the politician's actions. Realising that your colleague might have different values, you worry how this would influence your work together. How do you react?

TEAMWORK AND COLLABORATION

**Peace Please**



## CHALLENGE CARD

You are in a team meeting,  
but there is one person  
who speaks a lot,  
two that speak sometimes  
and you do not find any  
chance to participate.  
What do you do?

TEAMWORK AND COLLABORATION

**Peace Please**



## CHALLENGE CARD

You just got hired for an organisation and observe that no-one openly disagrees with a certain colleague that is quite dominant, while some people expressed their disagreement to you in private. How do you react?

DECISION-MAKING

**Peace Please**





## CHALLENGE CARD

Your organisation decides  
to share leadership,  
yet the responsibilities  
are not clear and as a result  
nothing gets done.  
What do you do?

DECISION-MAKING

**Peace Please**





## CHALLENGE CARD

A government initiative focuses only on wealthier areas, leaving impoverished communities underserved.

How does your activist group challenge them?

ECONOMIC AND  
SOCIAL SUSTAINABILITY

**Peace Please**



## CHALLENGE CARD

You notice that although your organisation promotes a healthy, environmentally friendly lifestyle, when you organise events people from your team buy unhealthy snacks from a big supermarket.  
What do you do?

**ECONOMIC AND  
SOCIAL SUSTAINABILITY**

**Peace Please**



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## CHALLENGE CARD

There is a rumor about  
a group member that  
you doubt is true.  
You believe some people hold  
prejudice against this person,  
due to them being  
a bit different from  
most of the group.  
What do you do?

COMMUNICATION AND SHARING  
INFORMATION

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**Peace Please**



## CHALLENGE CARD

You work in  
an international team and you  
make an ironic comment.

A few find it funny,  
a few find it confusing and  
one expresses that it is  
offensive to them.  
How do you react?

COMMUNICATION AND SHARING  
INFORMATION

**Peace Please**





## CHALLENGE CARD

A trans youth is denied access to a homeless shelter due to gender segregation policies. You work in an organization providing support. How do you intervene?

RESPECT FOR HUMAN RIGHTS

**Peace Please**



## CHALLENGE CARD

You and some of your colleagues have been involved in a big protest.

One of your colleagues was unlucky and got arrested.

However, the government denies a fair trial for activists that express critique on them.

How do you react?

RESPECT FOR HUMAN RIGHTS

**Peace Please**



## CHALLENGE CARD

You are working together  
with a small sports club  
for a project and see that  
most of the club members  
see violence as an acceptable  
behaviour against opponents  
or as a good means of  
responding to conflict.  
How do you react?

CORE CONCEPTS AND VALUES

**Peace Please**



## CHALLENGE CARD

An educator who is part of your organisation for many years admits in private conversation that they hate members of a certain religious or ethnic group. What do you do?

CORE CONCEPTS AND VALUES

**Peace Please**





## **ACTION CARD**

I make an effort to let  
the other(s) look bad  
so people  
will turn against them.



Peace Please

## **ACTION CARD**

I say:  
"Can we be more  
effective this time?"



Peace Please

## **ACTION CARD**

I convince people  
that we should share  
values in order  
to work together.



Peace Please

## **ACTION CARD**

I convince others  
to riot.



Peace Please



## **ACTION CARD**

I embarrass  
them in public.



Peace Please

## **ACTION CARD**

I do what I think is best,  
without their consent.



Peace Please

## **ACTION CARD**

I believe I am capable  
of thinking for other  
people and providing  
solutions for them.



Peace Please

## **ACTION CARD**

I say:  
"Violence is sometimes  
necessary."



Peace Please



## **ACTION CARD**

I act behind their back.



Peace Please

## **ACTION CARD**

I always make sure  
to express my opinion.



Peace Please

## **ACTION CARD**

I accuse them of being  
wrong without listening  
to their perspective.



Peace Please

## **ACTION CARD**

I blame someone else.



Peace Please



## **ACTION CARD**

I justify my behaviour  
with a false excuse.



Peace Please

## **ACTION CARD**

I take on more tasks  
than I can handle.



Peace Please

## **ACTION CARD**

I cheer:  
"Only good vibes!"



Peace Please

## **ACTION CARD**

I lie to calm  
someone down.



Peace Please



## **ACTION CARD**

I make a rude  
comment online



Peace Please

## **ACTION CARD**

I drink alcohol  
or take drugs  
to ease my stress.



Peace Please

## **ACTION CARD**

I avoid bringing up  
topics which might  
create a confrontation  
in the group.



Peace Please



## **ACTION CARD**

I give all the responsibility  
to people  
who are in charge.



Peace Please





## **ACTION CARD**

I say:  
"Let's move on."



Peace Please

## **ACTION CARD**

I do not take action  
and stay silent.  
Maybe it will pass.



Peace Please



## **ACTION CARD**

I pretend  
everything is fine.



Peace Please

## **ACTION CARD**

I feel hopeless and  
quit my efforts  
to improve the situation.



Peace Please



## **ACTION CARD**

I don't bring up topics  
which might ruin  
the good atmosphere  
in the group.



Peace Please

## **ACTION CARD**

I assure  
the other person(s)  
that things  
will get better.



Peace Please



## **ACTION CARD**

I stand aside  
when I see violence.



Peace Please

## **ACTION CARD**

I offer advice.



Peace Please



## **ACTION CARD**

I say:  
"Let's be nice  
to each other."



Peace Please

## **ACTION CARD**

I get frustrated,  
but I don't say anything.



Peace Please

## **ACTION CARD**

I share a similar story  
from my life.



Peace Please



## **ACTION CARD**

I share that I understand  
where it's coming from.



Peace Please



## **ACTION CARD**

I suggest we hold  
a sharing circle  
where we pass around  
a talking piece so everyone  
is heard.



Peace Please



## **ACTION CARD**

I express my feelings  
and needs to my colleagues,  
in order to look for  
a solution together.



Peace Please



## **ACTION CARD**

I am able to identify  
my needs and  
express them.



Peace Please



## **ACTION CARD**

I initiate a dialogue.



Peace Please



## **ACTION CARD**

I share constructive  
feedback.



Peace Please



## **ACTION CARD**

I read a book  
about the topic.



Peace Please

## **ACTION CARD**

I clarify each  
person's responsibilities.



Peace Please

## **ACTION CARD**

I bring the issue to  
the rest of the team.



Peace Please



## **ACTION CARD**

I show solidarity.



Peace Please

## **ACTION CARD**

I meet a local mayor  
to advocate for  
a topic my organisation  
is working on.



Peace Please

## **ACTION CARD**

I organise a group action  
to start a negotiation  
on the matters important  
for us  
(e.g. by occupying  
a place or holding a strike)



Peace Please

## **ACTION CARD**

I organise with others  
to draw attention  
to the subject  
(e.g. a vigil,  
blocking traffic in key-spots,  
demonstration)



Peace Please



## **ACTION CARD**

I make a cooperative game  
about the topic.



Peace Please

## **ACTION CARD**

In the next team meeting  
I suggest we do things  
differently in the future.



Peace Please

## **ACTION CARD**

I write a public statement  
or press release  
for my organisation  
to declare our stance.



Peace Please

## **ACTION CARD**

I share resources  
on methods of  
nonviolent action.



Peace Please



## **ACTION CARD**

I get involved in actions  
that provide humanitarian aid  
(material and logistic  
assistance to people  
who need help).



Peace Please

## **ACTION CARD**

I raise awareness  
about unfair treatment.



Peace Please

## **ACTION CARD**

I make an effort to create  
a safe working space.



Peace Please

## **ACTION CARD**

I listen to their feelings  
and needs and  
provide support if requested.



Peace Please



## **ACTION CARD**

I consult a person with  
relevant experience  
and knowledge.



Peace Please

## **ACTION CARD**

I gather relevant  
data/information.



Peace Please

## **ACTION CARD**

I explain how we  
can use sociocracy  
in our organisation.



Peace Please



## **ACTION CARD**

I offer an apology.



Peace Please



## **ACTION CARD**

I declare I find violence  
harmful and organise  
a workshop about  
tolerance and dialogue.



Peace Please

## **ACTION CARD**

I organise a movie night  
to show a movie that  
demonstrates how  
nonviolence has broken  
a negative  
cycle of violence.



Peace Please



## **ACTION CARD**

I organise a workshop  
on the culture of peace.



Peace Please



## **ACTION CARD**

I look for the needs  
behind people's positions,  
to make a starting point  
to find solutions.



Peace Please





## **ACTION CARD**

I start a conversation  
to find ways  
to work together.



Peace Please



## **ACTION CARD**

I start a sticker campaign  
with the words "Peace Please"  
to show solidarity with  
a place where  
violence is escalating.



Peace Please

## **ACTION CARD**

I share examples  
of people from different  
cultural and religious  
backgrounds that  
promote(d) peace.



Peace Please



## **ACTION CARD**

I know that overcoming  
a conflict as a group  
can move our work forward,  
so I ask them to look  
at the conflict.



Peace Please