

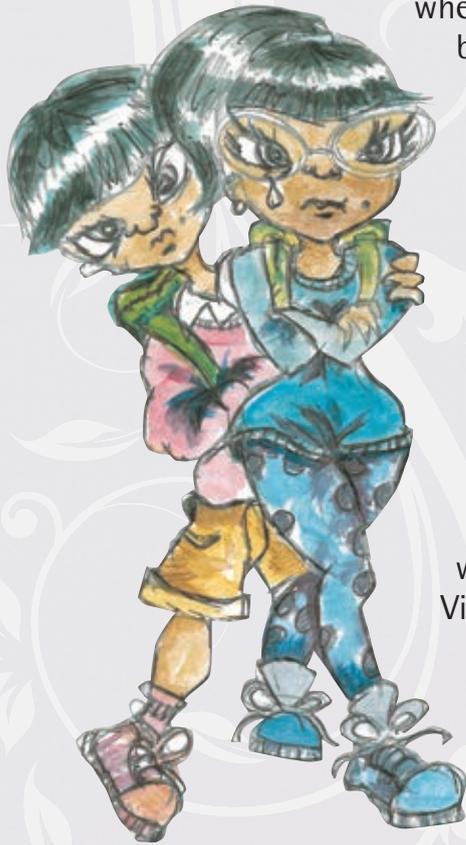


# The story of Boy and Girl

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**Theme:** Choosing alternatives to violence to resolve problems  
**Appropriate age group:** Adolescents



Before Boy and Girl were born, they lay warm and safe inside Mother's belly. But sometimes they heard shouting and screaming that echoed through Mother's body. That was when people were fighting. Sometimes pain raced through Mother's body like lightning. That was



when someone was hitting or punching Mother. And so even before they were born, Boy and Girl knew about Violence. Violence was already part of their life when they came into this world.

Their life was not violent all the time. Sometimes there was love and respect and laughter in their home and Boy and Girl played happily. Those were good times that they treasured in their hearts. But sometimes there was anger and hatred and Violence was in their home. Sometimes Violence came suddenly, even when they were having good times.

And so, Boy and Girl lived with the fear of Violence. They knew the frightening sound of Violence. They knew the terrible smell of Violence. They knew the bitter taste of Violence. They felt the sharp pain of Violence in their own bodies when they were beaten. They knew how many things were destroyed by Violence.

At first the Violence in their home made Boy and Girl sad and scared. They wanted to escape the Violence but how?

They tried to escape by dreaming about a wonderful world where they felt safe and loved. But when the Violence in their home continued, they felt angry and began to hate people.

And so, Boy and Girl learned to be violent, like the people around them. They had different ways of showing Violence. Boy would kick and punch, hurting people and breaking things. Girl would call people bad names and scratch and slap. Sometimes she would even cut herself, wanting this life of Violence to be over.

Boy and Girl thought the Violence was only in their home, not anywhere else. But when they peeped into other people's homes they saw that Violence ruled many places.

One day, Boy and Girl were walking together in another neighbourhood. They saw a little child playing happily in the garden until his Mother and Father started shouting and screaming inside the house. He stopped playing. His whole body went stiff and he started to cry. Boy and Girl remembered how their Mother and Father used to fight in their home and how frightened they were.

At that moment, something changed deep inside Girl and Boy. They saw that Violence never solves any problems. Violence always hurts people and makes them feel afraid and lonely. Violence makes people stop trusting each other. Girl and Boy decided: "Never, never again will we let Violence have power over us – we won't let Violence rule our hearts. We'll live without Violence."

And so, Boy and Girl began their journey to a new life without Violence. They knew it was the right thing to do but it was sometimes very difficult. They had to learn small step by small step. They had to practise a new way of being with other people. If something was bothering them, they had to learn to tell people in a respectful way and not lash out with their fists. They had to learn to touch people in a loving, caring way. They had to learn that if respectful words and caring touch can't solve the problem it's best to walk away.

Slowly, one day at a time, Girl and Boy learned how to respect and care for the people around them. They also learned a very important lesson, that if you are kind to the people around you, you are also being kind to yourself.

Years later, when Girl became Woman and felt a child move in her own belly, she made a promise: "My child, you will never know Violence." Girl, now Mother, wanted her child to live a life of respect and love, not Violence. Girl, now Mother, did everything in her power to avoid Violence. And Boy, when he became Father, loved his children with his whole heart. He promised: "I will never let Violence touch my children."



And so, Girl and Boy gave their children a very precious gift of caring and peace. They hope their children will pass on this gift to their grandchildren. Then this gift of caring and peace can be handed from generation to generation.



**Possible discussion points:**

*What impact does violence have on children and families?*

*What impact does violence have on communities?*

*What alternatives are there to violence when you are dealing with conflict and differences of opinion?*

