



International Olympic Truce Centre



IMAGINE
PEACE
THE
EDUCATIONAL
PROGRAM

Respecting diversity



International **Olympic Truce** Centre



In partnership with



Dear parents and teachers

Bullying is a social phenomenon of distressing dimensions. It is not a new problem, but the greater awareness facilitated by today's media has increased our vigilance as a society.

We are, however, far from attaining a satisfactory result, much less achieving our goal, which is none other than to eradicate bullying. In fact, the co-existence of different cultures, growing racist trends, the crisis of principles and values coinciding with the peaking of the economic crisis, and peer emulation and influence are only some of the causes. Threats from perpetrators, victims' inability to confront such situations, and reluctance to come forward and report instances of bullying all contribute to the creation of a vicious cycle that poisons the souls of many children.

The most effective way to root out this deleterious phenomenon is through ensuring timely awareness and prevention. Thus, in the framework of our effort to raise public awareness – among parents, educators and children – we are bringing out this pertinent and, at the same time, enjoyable book. This book aims – through poems and stories related in a realistic manner and distinctively illustrated – to point up the various aspects of a complex issue that we must not gloss over, even if the violent conduct does not bear on us directly. Because if we don't mobilize together, standing up to this phenomenon, we may well find ourselves the victims in another walk of life, beyond the school environment. So a zero-tolerance stance is the only way to check the spread of bullying; to eradicate it.

As the International Olympic Truce Centre, we believe and invest in principles such as tolerance of diversity, respect for all views, the strengthening of dialogue and cooperation, and non-discrimination based on our individual characteristics.

But we believe even more in the power of youth to change our world and to make it more just, with greater solidarity, with a stronger spirit of cooperation in seeking means of reconciliation and more opportunities for everyone.

There is no room in this world for pointless, groundless hostility, nor for armed conflicts or violence in any form. And through this book we are cultivating a culture of peace and more harmonious coexistence, starting with the school as a microcosm and mirror of the society we want to live in.

Have an enjoyable and stimulating read!



Dr. Constantine Filis,
Director
International Olympic Truce Centre

Dear parents and teachers

Schools today have to prepare young people to live and work in a dynamic, fast-changing and inter-connected world. To have the best chance of fulfilling their potential and contributing to the future stability and prosperity of this global society, young people deserve the best possible learning experience at school. They cannot have the full benefits of that experience if it is marred by bullying. Bullying should not be viewed as an unfortunate but unavoidable part of school life – it is unacceptable behaviour and can have a devastating effect on the victim. Its effects can last well into adulthood with an individual's ability to develop positive relationships seriously undermined. It may cause fear and anxiety and limit aspirations and achievement. No child deserves to be bullied!

To put this in a wider context, working effectively with Equal Opportunity & Diversity is an essential part of our work. At the British Council we work to a set of values – valuing people, integrity, mutuality, creativity and professionalism – which underpin how we work, and how we communicate. We recognise that tackling bullying in all its forms is central to ensuring the safety and welfare of all children and working with the IOTC we bring our international experience and expertise in education to this important issue. Our approach to anti-bullying work in schools involves 5 key principles

1. Acknowledge that bullying exists
2. Let the pupils know where you stand - make sure that children know you will not tolerate bullying and that you will always deal with it.
3. Listen to children and young people - never dismiss their experiences of bullying or put them down as unimportant. Acknowledge their feelings.
4. Involve children and young people in solutions – profit from their experience by developing individual and group activities dealing with bullying.
5. Implement strategies for both prevention and intervention. It is with this idea of promoting the well-being of children through tackling bullying that these materials were developed. Through the use of story telling, role playing and other activities we aim to develop individual self confidence, promote understanding and trust between young people and develop a culture of mutual respect both in school and in society.



Tony Buckby,
Director British Council
Greece

Dear child,

I am the Dove of peace. You will find me on the logo of the International Olympic Truce Centre.

That's me with the olive branch in my mouth. I am part of this logo because peace is what the Olympic Truce is all about.

The Olympic Truce means that enemies stop fighting with each other to compete, instead, in friendly athletic games.

How can we make the world we live in a better place?

The olympic values teach us to recognise diversity, include others and through equality of opportunity and, participation in sport, to resolve differences.

This book is like a guide. If we all try to remember its stories and follow its tips, the world we live in will be a safer and happier place.

Remember, you too can be an olympic champion, not just in sport but in the way you live.



1. Recognising diversity

2. Equality of opportunity

3. Social inclusion

4. Conflict resolution

The Socrollnu

There was a little fish
Swimming in the sea
A little little fish
Just look and see!

Near the pirate ship
Lying on the sea floor
Little fish met a blue octopus
Sitting at the captain's door

"Ha ha little fish – just look at you
You haven't got any arms
and you're not blue"



"I'm not a little fish
I'm a baby **socrollnu**
And when I grow up
I'll have ten long arms
and I'll be blue"

"A **socrollnu**?
There's no such thing
as a **socrollnu**"

Hidden in the sea grass
Green, wavy and tall
He saw ten tall seahorses
Playing basketball



"Ha ha little fish – you're
so so small
You can't play with us
because you're not tall"

"I'm not a little fish
I'm a baby [socrollnu](#)
And when I grow up
I won't be small – I'll be taller
than you"

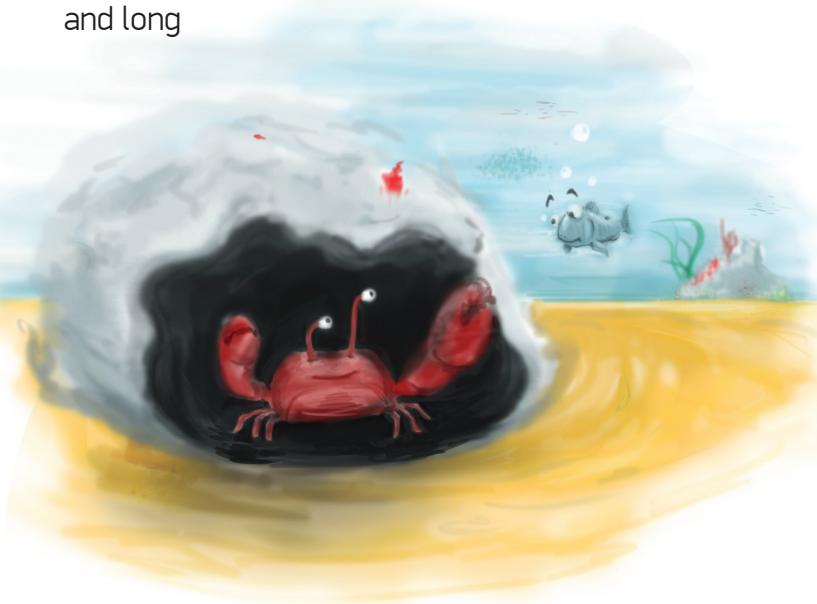
"A [socrollnu](#)?
There's no such
thing as a
[socrollnu](#)"

By the big white rock
He met a shark big and strong
A very big shark
With teeth sharp
and long

"Ha ha little fish – just
look at you
You haven't got any
friends and
you're lonely too"

"I'm not a little fish
I'm a baby [socrollnu](#)
And when I grow up
I won't be lonely –
I'll have more friends
than you"

"A [socrollnu](#)?
There's no such thing
as a [socrollnu](#)"



He swam into a cave
Which wasn't very light
And met a crab
Looking for a fight

"Ha ha little fish – just look at you
You're small, come here
and let me fight you"

"I'm not a little fish
I'm a baby **socrollnu**
And when I grow up
I will never ever fight –
I'll just talk to you"

"A **socrollnu**?
There's no such thing
as a **socrollnu**"

There was a little fish
Swimming in the sea
A little little fish
Just look and see!
But what's this?

What can it be?
It's got ten arms and it's blue
It's not like you and me
It's tall, very tall
Whatever can it be?
So many friends
Whatever can it be?

It's a **socrollnu**



Recognising diversity

Bullying thrives when diversity is not understood and dialogue towards understanding is not promoted



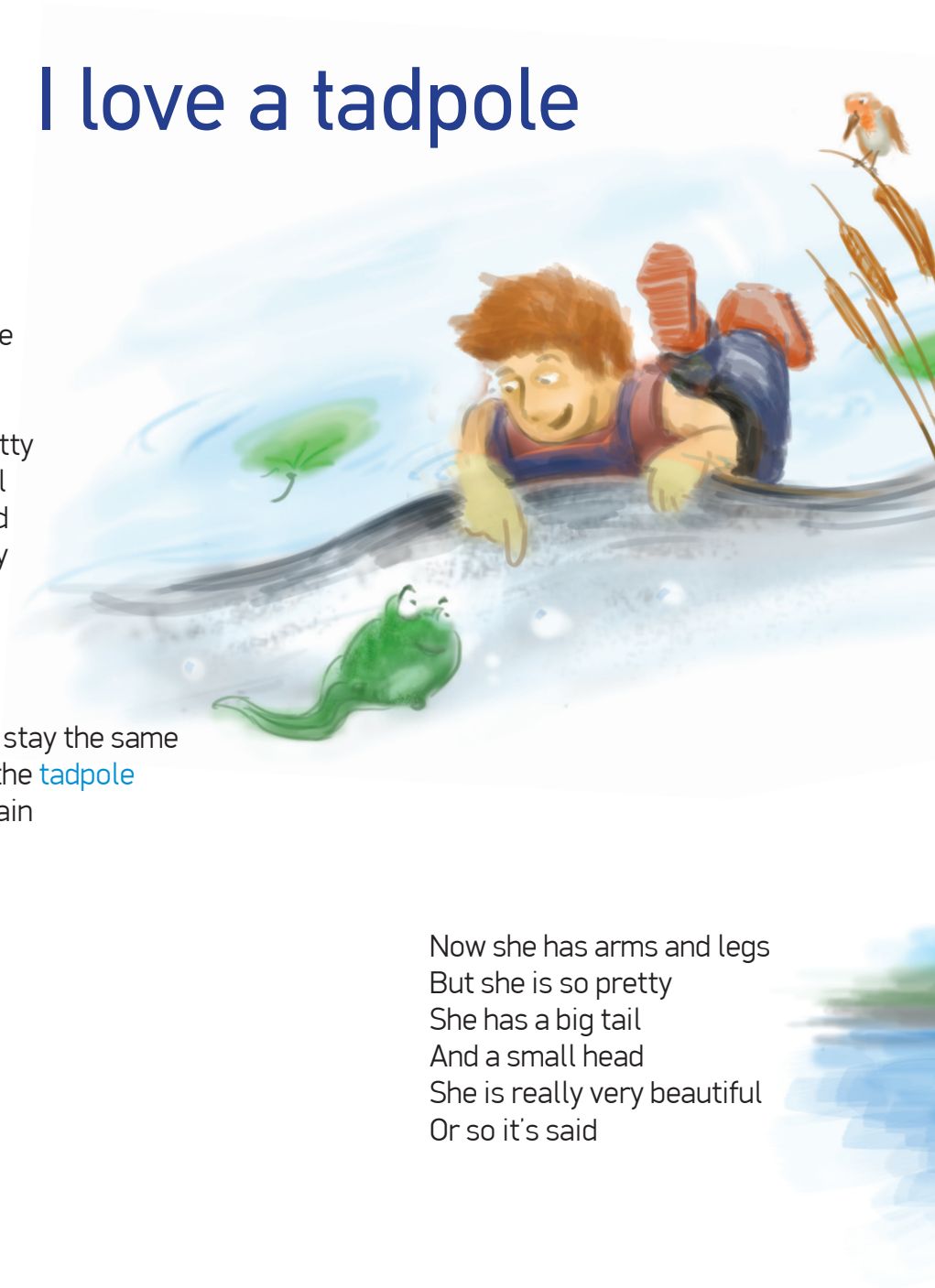
I love a tadpole

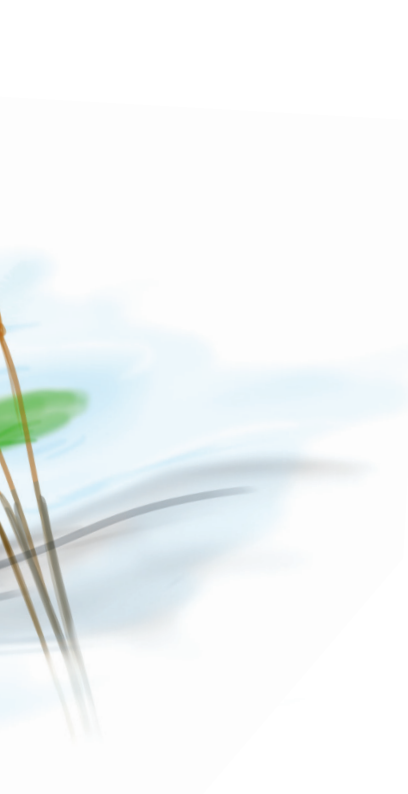
I love a tadpole

And she loves me
She has no arms
No legs
but she is so pretty
She has a big tail
And a small head
She is really very
Beautiful
Or so it's said

The days pass
And things don't stay the same
But my love for the tadpole
Will always remain

Now she has arms and legs
But she is so pretty
She has a big tail
And a small head
She is really very beautiful
Or so it's said





The days pass
And things don't stay the same
But my love for the tadpole
Will always remain

I loved a tadpole
And she loved me
Now she has arms and legs
But she is so pretty
She doesn't have a tail
But she has a really big head
She is really very beautiful
Or so it's said



This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Bill of Rights

It doesn't matter where you are from, if you are fat or thin, old or young. We all have the same rights.

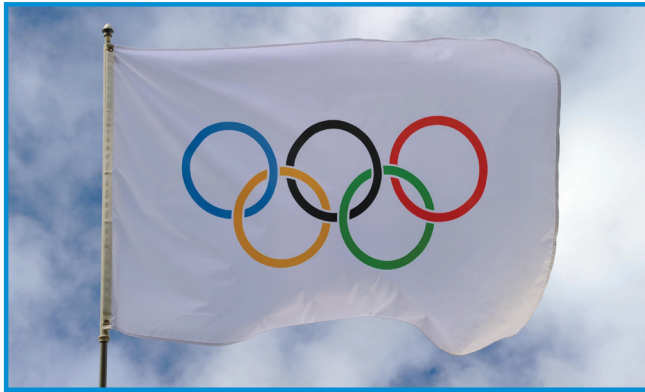
A graphic of a rolled-up scroll with a light brown, textured surface. The scroll is unrolled in the center, revealing text. The edges of the scroll are slightly frayed and uneven.

Everyone has
the right to:

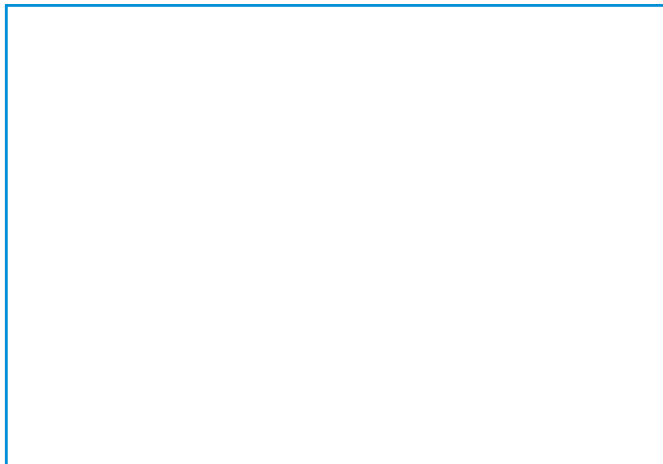
be treated with
kindness and
respect.

Activity Sheet

The Olympic symbol consists of five interlaced rings of different colours - blue, yellow, black, green and red. The Olympic symbol expresses the activity of the Olympic Movement and represents the union of the five continents and the meeting of athletes from throughout the world at the Olympic Games.



Design your own Olympic flag – one flag for all the people of the world.



Say 'yes' to recognising
diversity.
Say 'no' to bullying.

DIVERSITY

An illustration of a classroom scene. A teacher with long blonde hair, wearing a red shirt and blue jeans, sits on the floor facing a group of seven students. The students, of various ethnicities and ages, are also sitting on the floor in a circle. One student in an orange shirt is reaching out towards the teacher. In the background, a purple bulletin board displays the word 'DIVERSITY' in colorful letters, with several small handprints below it. A sign with the text 'Say 'yes' to recognising diversity. Say 'no' to bullying.' is pinned to the wall above the bulletin board. The scene is set in a room with light-colored walls and a wooden floor.

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Equality of Opportunity

I have the right
to take part





Shell Shellfish

This shellfish has no name
We simply call him **shell**
But he doesn't seem to mind
As far as I can tell

For he is not like me
Because I've got feet and toes
But he is very different
He hasn't even got a nose
This shellfish doesn't care
To have legs and things like that
That's probably the reason why
He's really very fat

But just because he's different
Doesn't mean he doesn't want to play
So let's ask him what he'd like to do
On this beautiful sea blue day



This image shows a blank sheet of white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]



Bill of Rights

Everyone has
the right to:

be treated with
kindness and respect,
take part as an equal.

Activity Sheet

Our equality of opportunity code

Every student has the same right to participate
in the classroom.

**Can you write an Equality of Opportunity
Code for your classroom?**

for example:

Our Equality of Opportunity Code

1. ***Everyone can ask a question.*** _____
2. ***Everyone can say/or read out an answer.*** _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

This image shows a single sheet of white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Don't feel that you are
different - ignore people
who tell you that you are.



This image shows a blank sheet of white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Social Inclusion



All afloat in my little boat

I have a boat

It's name is Snooty Lord

It's the best boat afloat

Why don't you come aboard?

I sailed out one day

And in the middle of the sea

I met a penguin black and white

And he joined me



On we sailed
The waves they made a fuss
When we met a seal fat and grey
And he too joined us

I have a boat

It's name is Snooty Lord
It's the best boat afloat
There's a place for you aboard



[illegible]



Bill of Rights

Everyone has
the right to:

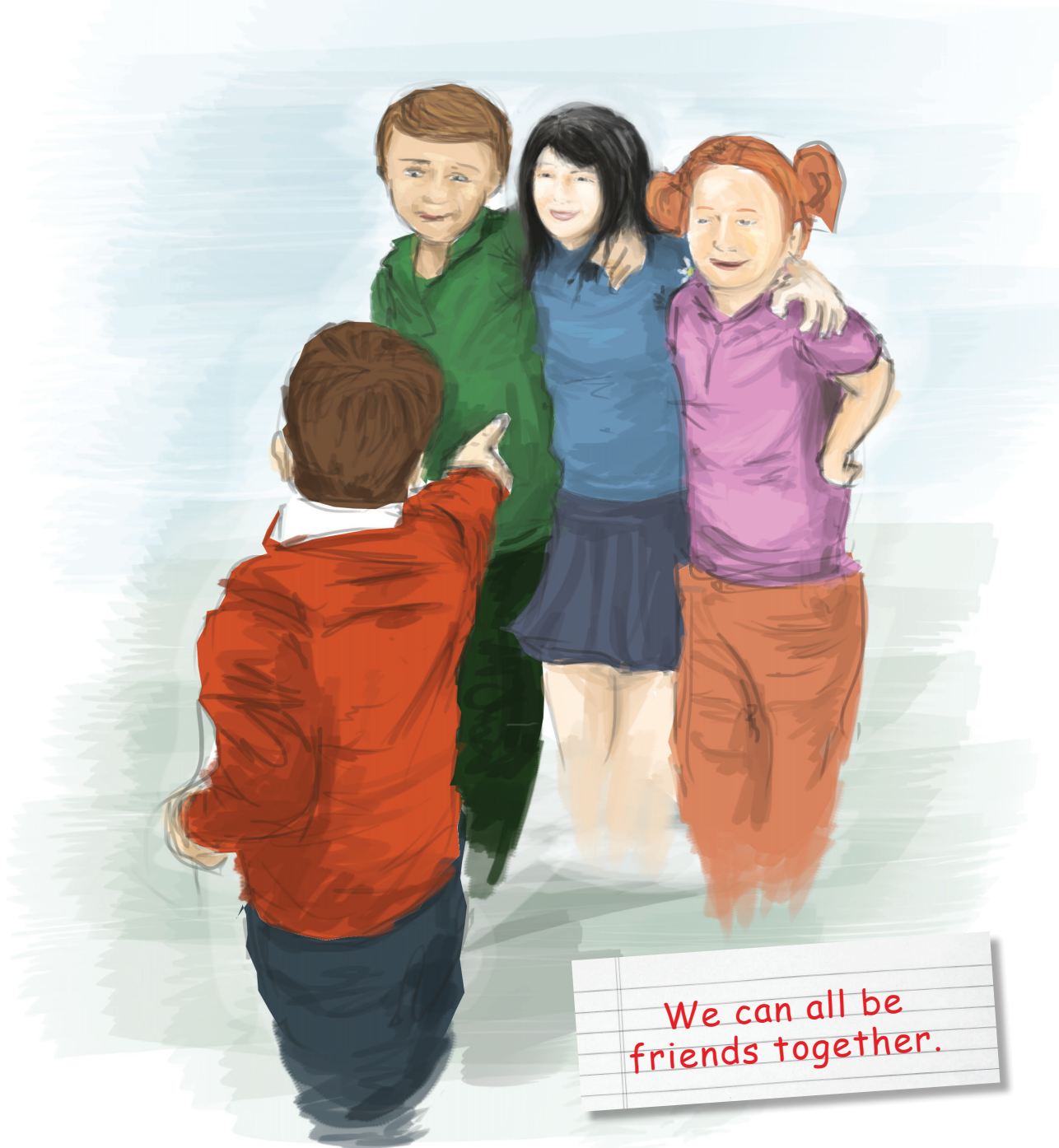
be treated with
kindness and respect,
take part as an equal,
be recognised
for what they are.

Activity Sheet

Make a poster which promotes
“Everyone together through sport.”



This image shows a blank sheet of white paper with horizontal red ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



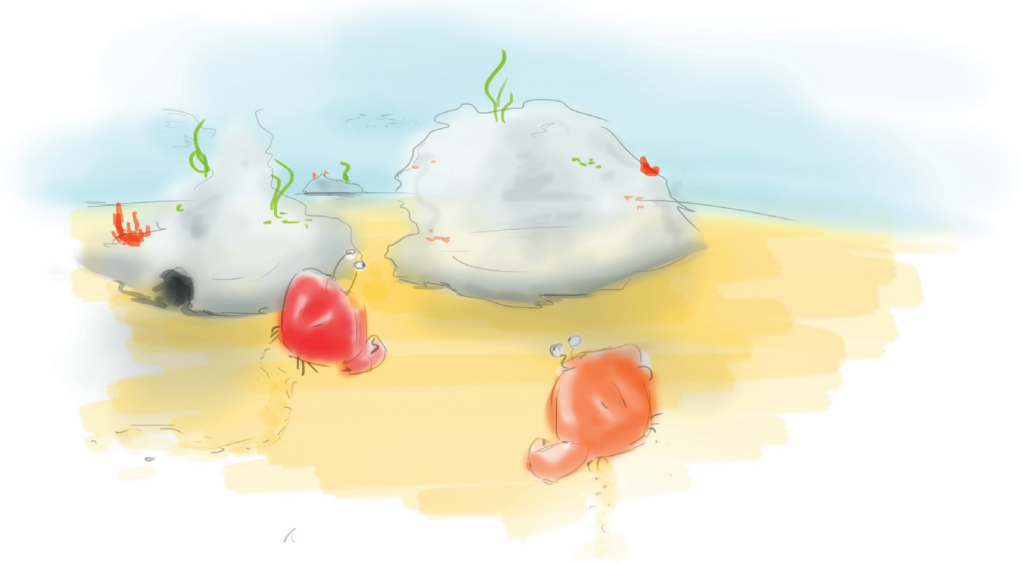
[illegible]

Conflict Resolution

I can solve my
problems through
dialogue



Fighting crabs



Two crabs met on the sea bottom
They were big and slow, not very fast
They tried to squeeze past
each other
But they were so big they couldn't
get past

The two crabs – they got angry
And started to push and fight
But still they couldn't get past
each other
As the space was very tight



Those crabs you know
are still fighting
At the bottom of the sea
deep and blue
But there is a way to stop them fighting
One should say "you first"
and the other "thank you"



This image shows a single sheet of white paper with horizontal blue lines, similar to standard notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

At school John and Jack competed against each other in class.

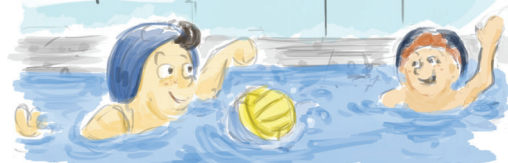
In math class ...



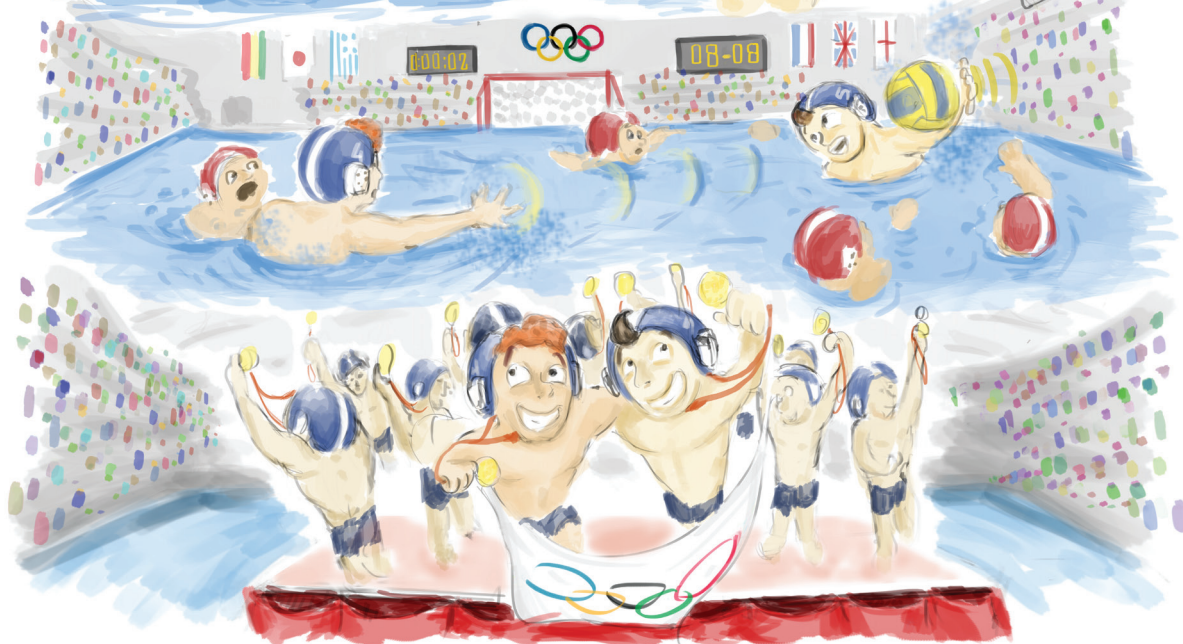
In geography class ...



After school they play in the same water polo team



Many years later, they compete together at the Olympic Games



Bill of Rights

Everyone has
the right to:

be treated with
kindness and respect,
take part as an equal,
be recognised
for what they are,
solve their problems
in peace.

Activity Sheet



Here is a story about two people and their personal Olympic Truce. It takes place in 1936 at the Berlin Olympic Games. It was a time of much racial hatred. Jesse Owens, an African American athlete, felt uncomfortable in the stadium. Because of his nervousness, he could not jump well. On his third and last attempt, he felt a friendly touch on his arm. He turned to face his competitor, the German athlete Luz Long. Luz looked at him and smiled, and offered advice and encouragement. Jesse Owens beat Luz Long and won the gold medal. Luz Long won silver. These two athletes became friends for life in a story we still admire 77 years later.

How can sport help resolve conflict? Discuss.

[illegible]



Talk to someone and
tell them what is
happening.

[illegible]

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Glossary

The Olympic Truce started with the Olympic Games in 776 B.C.

In ancient times, Greek city-states were always at war. According to mythology, King Ifitos from the city of Elis visited the oracle at Delphi to ask for help to stop the fighting in his city.

There, he was told to organise, once again, the Olympic Games, so as to stop the fighting every four years. King Ifitos made an agreement with King Lykourgos of Sparta and King Cleosthenes of Pisa. This is how they started the Olympic Truce and brought peace to the people of Greece, at least for a short time, every four years.

Messengers, wearing olive wreaths on their heads to symbolise peace, travelled throughout Greece to tell everyone about the Olympic Games and the start of the Olympic Truce. Some people say they were called the “spondoforoi”.

This is how athletes and spectators knew they could make the journey to Olympia, and back home again, in peace and safety.

The International Olympic Truce Centre

The International Olympic Truce Centre was created in 2000 to bring this ancient idea back to life.

The Olympic Truce means that enemies stop fighting with each other to compete, instead, in friendly athletic games.

The Olympic Truce is supported by the United Nations. Before every Olympic Games, the countries of the world meet to sign an agreement to keep the Olympic Truce and to stop fighting during the Games. This is called the **Olympic Truce Resolution**.

The United Nations

The United Nations (UN) is the world's largest international organisation. It was started after World War II with the idea to stop wars between countries, and to provide a place to talk. Most nations are members of the UN and send people to the headquarters to hold meetings and make decisions about global issues. There are 193 member countries of the United Nations.

The goals of the United Nations are:

- to keep world peace
- to help countries get along
- to improve living conditions for people all over the world
- to make the world a better place.

The Bill of Rights

A bill of rights is a list of the most important rights of the citizens of a country. In 1989, the world's leaders officially recognised the human rights of all children and young people under 18 by signing the UN Convention, or bill, on the Rights of the Child.

The Convention says that every child has:

- The right to a childhood (including protection from harm);
- The right to be educated (including all girls and boys completing primary school);
- The right to be healthy (including having clean water, nutritious food and medical care);
- The right to be treated fairly (including changing laws and practices that are unfair on children);
- The right to be heard (including considering children's views).

It's the most complete statement of children's rights ever produced and is the most widely-approved international human rights treaty in history.

The IOC

The International Olympic Committee (IOC) was founded in 1894 in Paris by Pierre de Coubertin. Its first president was Dimitrios Vikelas. It now has over one hundred members from all over the world.

One of the roles of the IOC is to ensure the celebration of the Olympic Games. In addition, the IOC is involved in a variety of activities encouraging the practice of sport throughout the world and promoting fair play, non-violence, non-discrimination and peace.

The Olympic Games

Athletes from about 200 countries compete at the Olympic Games. People who would otherwise never meet, get together at the Olympic Games.

They may be people at war with each other, but through the Olympic Games they get to know each other, become friends and forget hatred. What could be better than to replace hatred and war with peace and sport. At the biggest celebration in the world, everyone joins together in peace, meeting new people and new cultures.

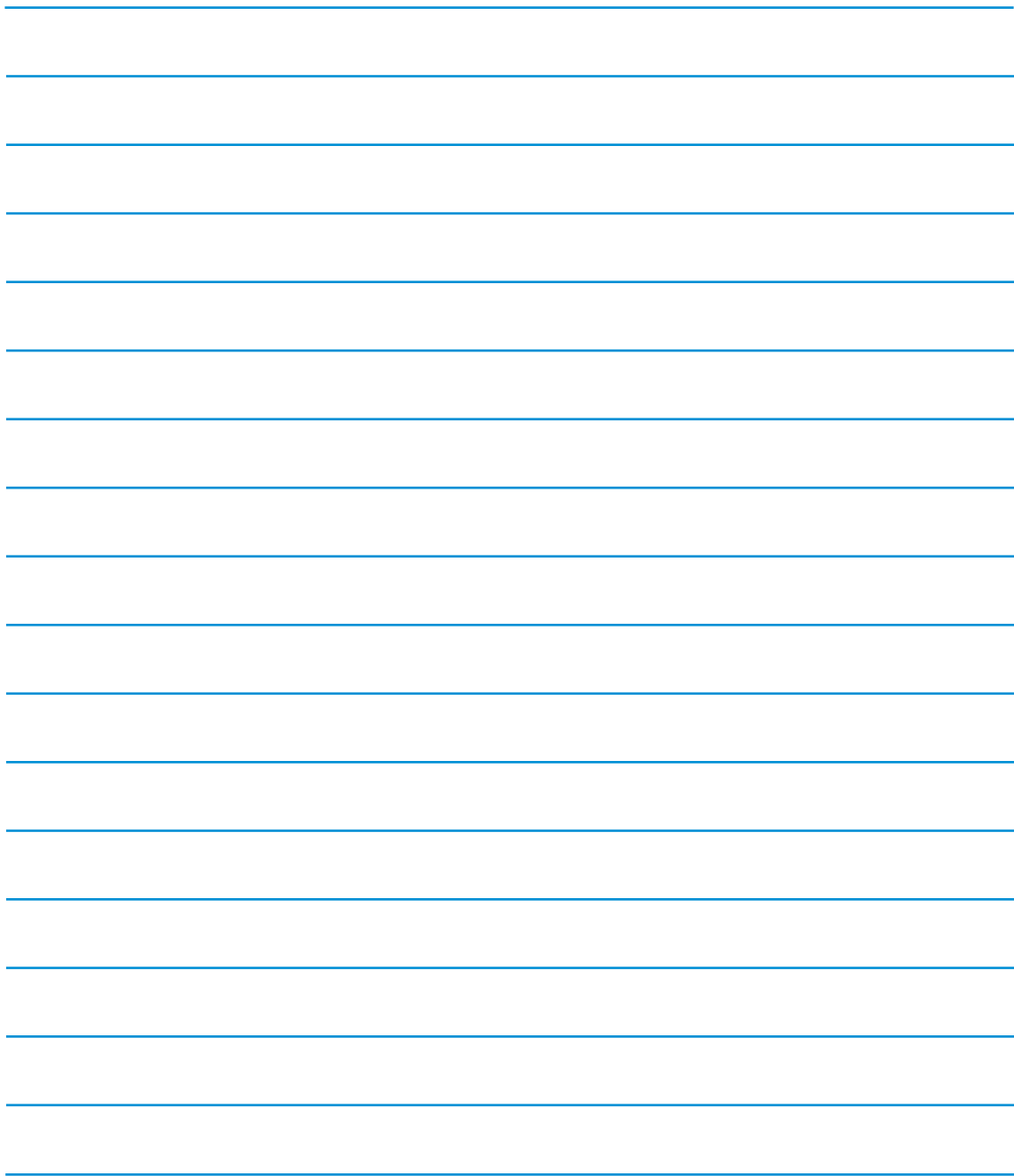
The Olympic Games belong to all people of the world. It makes no difference if you are a man or a woman, which religion you believe in, which country you come from, if you are rich or poor, or what colour you are. Everyone has the same right to compete.

The Olympic Flame

Today the Olympic Flame carries the message of a united world. The flame leaves Ancient Olympia and travels all over the world to reach the city where the Olympic Games will be held. The Olympic Flame symbolizes the light of the spirit, wisdom and life, and conveys a message of peace and friendship.

The entry of the flame into the Olympic Stadium is one of the highlights of the opening ceremony of the Olympic Games. The final torch bearer lights the cauldron in which the Olympic flame will burn throughout the Games.

NOTES:_____



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