

## **21 Skills for Raising Empowered Children**

From “*Raising Nonviolent Children in a Violent World*”

by [Mike Absatz](#)

1. Setting goals and planning for your future
2. Disciplining yourself, improving your skills
3. Brainstorming and problem-solving
4. Coping with disappointments by grieving, forgiving and bouncing back
5. Asking for nurturing and care when you need it
6. Protecting your rights and privacy
7. Avoiding potentially violent people
8. Disarming the bully
9. Using media wisely
10. Creating safer neighborhoods and schools
11. Identifying feelings and empathizing with others
12. Respecting other people’s rights
13. Choosing good friends
14. Expressing ideas and listening to others
15. Collaborating and sharing ideas
16. Compromising and negotiating
17. Controlling impulses to strike out
18. Venting anger nonviolently
19. Nurturing and caring for others
20. Supporting others through losses and disappointments
21. Learning to play nonviolently