

## **Positive Messages at Waitakere College**

By Sandra van Eden (LtPM Programme Coordinator)

This was the best promotional activity our Peer Mediation team has ever done.

Three years ago one of our Mediators spontaneously filled one wall of our mediation room with positive messages. They were about the value of now, of valuing yourself and others and of the small things in life, which are really the great things in life.

Last year another of our Mediators suggested we put messages like this all over the school. We printed them on brightly coloured paper and stuck them up with one piece of sellotape in places where they could be easily removed. Staff and students were invited to choose one they particularly liked and take it down to keep, and at the end of the day we took down any remaining messages so they did not create a rubbish issue.

*It was great to do something positive and proactive, giving the school community "warm fuzzies" on a cold winter's day.*

Compared to some of the other promotional activities we have tried, this was the easiest and least time consuming. Best of all we know it touched the whole school, not just those who might benefit from mediation. We know this as we were told the messages generated conversations between students/students, staff/students and even staff/staff. Also, some staff took some of the messages and taped them up in their classrooms. We had very positive feedback and even repeated the exercise at the request of our Principal.

Our messages are reproduced below in size 12 but we printed them larger, putting 4 on one page so using an A6 format. You are very welcome to use our messages, they are all quotes from other people and places. However, as the mediators had great fun finding the quotes you may wish to do that instead. We found some of the most inspirational quotes on the back of trucks, especially the dark blue Mainfreight trucks. We used half the messages the first time and the other half the second time - so there was no repetition, and each time we used 20 messages reproduced 10 times so a total of 200 messages. There are 1,400 students at Waitakere College and there weren't many to pull down at the end of the day so we think we got the total number of messages about right for the size of the school.

**Be in love with your life every minute of it**

**You're prettiest when you're happy**

**Believe in yourself and you can do unbelievable things**

**Never apologize for what you feel. It's like saying sorry for being real**

**You are much stronger than you think**

**To wish you were someone else is to waste the person you are**

**Failing to plan is planning to fail**

**I am loveable and capable**

**One of the secrets of life is to make stepping stones out of stumbling blocks**

**Everything will be alright in the end, if it's not alright now, it isn't finished yet (Dalai Lama)**

**It's easier to go down a hill than up, but the view is best from the top**

**The best angle from which to approach any problem is the try-angle**

**Life is a journey. Sometimes I can change things, sometimes I can't. But I CAN change how I think about things (Travellers programme)**

**If you don't know where you are going you will probably end up somewhere else**

**Be you – no one else can!**

**Love the skin you're in**

**You are special and unique**

**You will never have today again – make the most of it**

**The choices you make today will be with you forever**

**Think, speak, learn, do**

**A strong positive mental attitude will create more miracles than any wonder drug**

**Dream big, achieve more**

**Look for the silver lining in every cloud**

**When solving problems, dig at the roots instead of just hacking at the leaves**

**You can achieve anything you set your mind to**

**When life gives you lemons, make orange juice – think outside the circle!**

**Say no to drugs and yes to pizza**

**Do it now, later may become never**

**Know your limits ... but never stop trying to exceed them**

**What are you thankful for?**

**Who are you thankful for?**

**Quick to listen, slow to speak, slow to act**

**Life is about giving and being, not getting and having**

**If you are going around in circles maybe you're cutting too many corners**

**You look beautiful today**

**The world is a better place because you are in it**

**When the power of love overcomes the love of power the world will know peace (Jimi Hendrix)**

**Any attempt to impose your will on another is an act of violence (Mahatma Gandhi)**

**One of the secrets of life is to make stepping stones out of stumbling blocks**

**God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference**