

United Nations International Day of Peace – Guide for Teachers (Part II of II)

Compiled by Dr. Christian Bartolf

“On 21 September, the world marks the International Day of Peace.

Today, amidst staggering volatility, the search for peace feels overwhelming—but it has never been more urgent.

Peace is more than the absence of war; it is the foundation necessary to collectively tackle humanity’s challenges. It is the lived experience of safety, dignity, opportunities and cooperation in our daily lives.

Under the theme **Invest in Peace: For Everyone, Everywhere, Every Day**, this year’s International Day of Peace honours the 'everyday architects of peace'—people driving local action, laying the groundwork for stability, and building a lasting peace from the ground up.

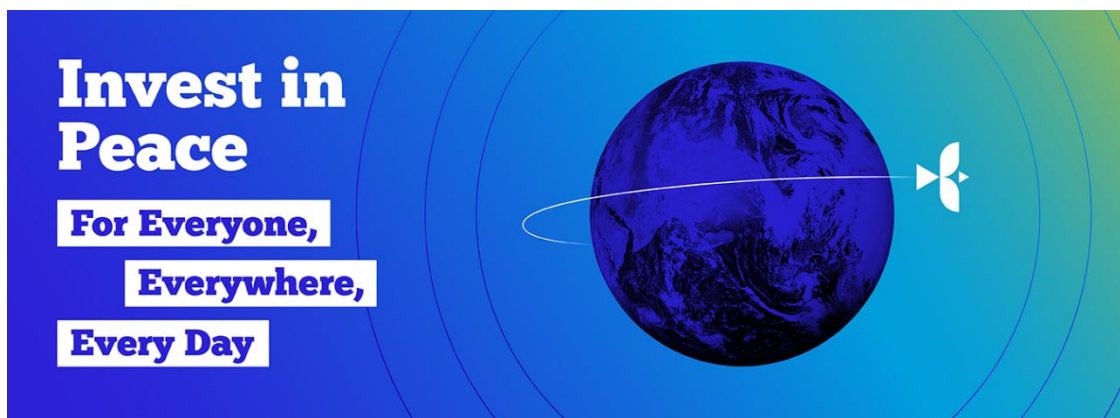
Remember, peace isn’t just built in conference rooms—it is shaped by everyone, everywhere, every day.

Everyone, everywhere can do their part for peace. Take one small step for peace every day:

- Give your time to help someone else.
- [Lend your voice](#) to drive positive change.
- Host a [Peace Circle](#) - an intergeneration youth-led conversation on solutions.
- Use your platform to promote a cause or tell a story of peace and hope

Show us how you're building the architecture of peace and justice ...”“The International Day of Peace was established in 1981 by the United Nations General Assembly. Two decades later, in 2001, the General Assembly unanimously voted to designate the Day as a period of non-violence and cease-fire.”

<https://www.un.org/en/observances/international-day-peace>



“The theme of the 2026 International Day of Peace **“Invest in Peace - For Everyone, Everywhere, Every Day”** invites us all to do our part for peace.

https://www.un.org/sites/un2.un.org/files/styles/banner-image-style-27-10/public/2026/06/peace-day-2026_0.png

Peace Dove:

<https://www.un.org/sites/un2.un.org/files/dove-with-wreath-notext-logo.gif>

UN Secretary-General's Message

As we mark the International Day of Peace, we face a world where this vital asset is in dangerously short supply.

Communities are shaken by violence and division.

Conflicts are growing in scale and complexity, spilling across borders and inflicting enormous suffering.

Dialogue is faltering, solutions are elusive and global solidarity is missing in action.

But around the world, people are showing that we are not powerless.

Volunteers, advocates, civil society leaders, peacekeepers and peacemakers are bridging divides, uniting communities and pushing for dialogue.

Action by action, they are building peace from the ground up.

Like this year's theme — “Investing in Peace: For Everyone, Everywhere, Every Day” — these champions of peace are showing us that achieving peace is not passive or automatic.

It's an active and deliberate choice to invest in a better future.

By building inclusive communities where peace can take hold.

By investing in sustainable development — in people's health, education, nutrition and social protection.

By bridging divides and ensuring everyone's voice is heard.

By safeguarding the human rights and dignity that belong to every person.

And by strengthening the proven tools of peace — diplomacy, dialogue, negotiation and peacekeeping.

On this International Day of Peace, let us all be inspired by the courage of those who champion peace in neighbourhoods, classrooms and communities.

And let's call on world leaders to invest in a peaceful future for all people.

António Guterres

Secretary-General's remarks at the UN Peace Bell Ceremony

Each year, the toll of the Peace Bell reminds us of the most important and consequential job we have:

Building peace.

Peace is never a passive achievement.

Peace is hard work.

Peace is action.

But in our world today, action for peace is faltering.

Violence and division are tearing apart communities.

Conflicts are widening and deepening.

People are suffering.

And the dialogue and solidarity that solutions require are missing in action.

But where governments are failing to deliver peace, people are showing another way.

Around the world, volunteers, advocates, civil society leaders, peacekeepers and peacemakers are doing the heavy lifting of peace.

Raising their voices.

Bridging divides.

Healing communities.

Through their actions, large and small, they are bringing to life the theme of this year's International Day of Peace: "Investing in Peace: For Everyone, Everywhere, Every Day."

As world leaders prepare to gather at the United Nations in the coming weeks, I urge them to follow the lead of these champions of peace.

By investing in sustainable development — in people's health, education, nutrition and social protection.

By building institutions and systems that people can trust.

By safeguarding the human rights and dignity that belong to every person.

By re-committing to the proven tools of peace — diplomacy, dialogue, negotiation and peacekeeping.

And by ending wars and conflicts. Now.

Today, I call on world leaders to stand with us:

Take action;

Invest in solutions;

And do the hard work of building lasting, sustainable peace.

This is the last time I will ring the Peace Bell.

But I will always stand with the champions of peace around the world.

Thank you.

António Guterres
9 September 2026

Secretary-General's 100-day countdown to the International Day of Peace message

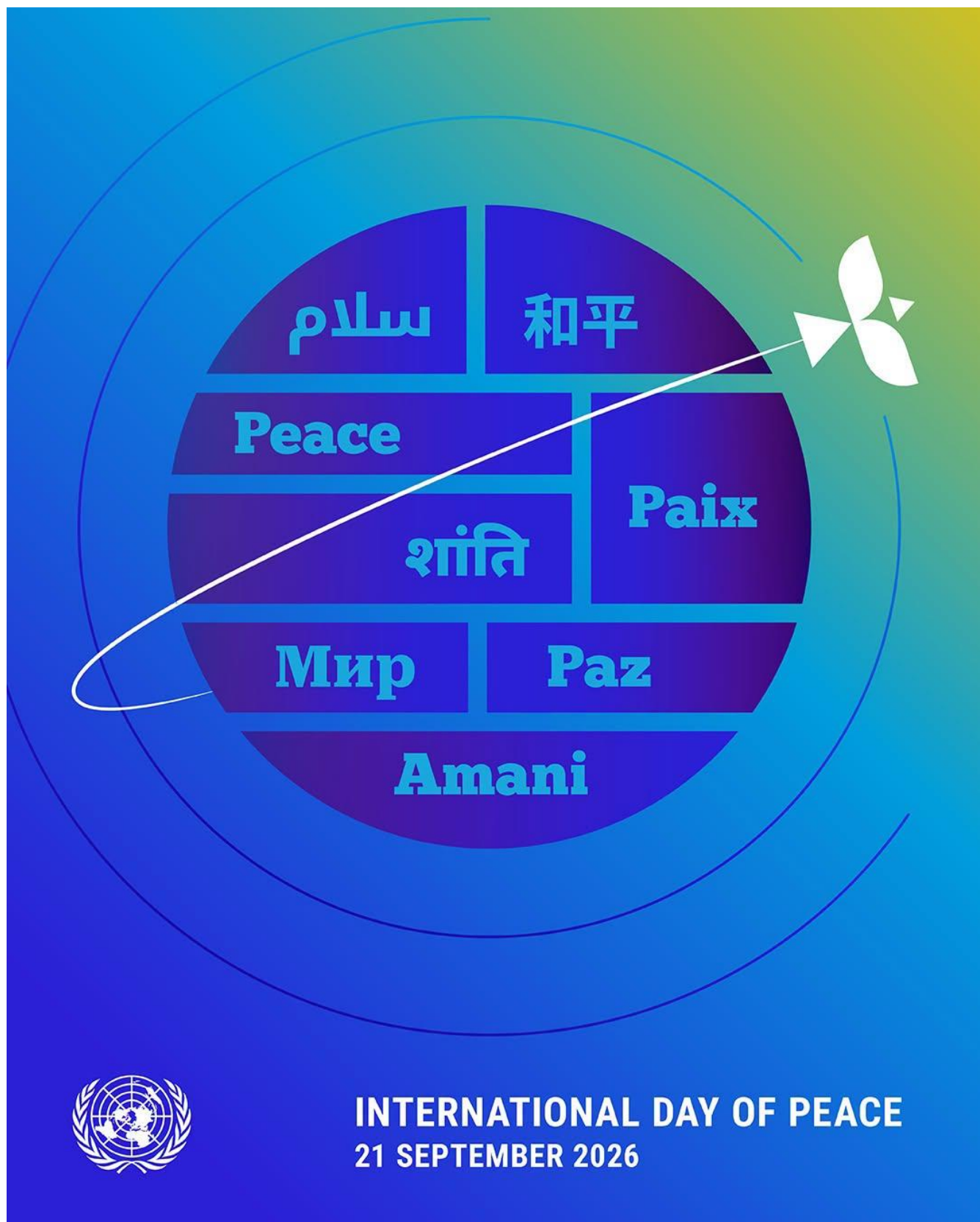
In a world rocked by conflict, it is easy to feel overwhelmed and powerless. But all around us are everyday architects of peace – from volunteers to campaigners and civil society leaders – showing us how to take action to reshape our communities for the better.

Over the next 100 days, as we count down to the International Day of Peace, let us honour these changemakers – and take inspiration from their example.

Peace is not just made at conference tables, but in classrooms, neighbourhoods, and everywhere people meet with open minds and open hearts. Together, day by day, we can build a more just world, with compassion, equality and dignity for all.

António Guterres
13 June 2026

<https://www.un.org/en/observances/international-day-peace/message>



INTERNATIONAL DAY OF PEACE
21 SEPTEMBER 2026

9 September 2026

Khalilur Rahman, President of the eighty-first session of the United Nations General Assembly, rings the Peace Bell during the ceremony held at UN headquarters in observance of International Day of Peace (21 September).

<https://media.un.org/photo/en/asset/oun7/oun71150515>



Dr. Khalilur Rahman

President of the eighty-first session of the General Assembly:

Speech at the annual Peace Bell Ceremony

Japanese Garden, United Nations Headquarters, New York, 9 September 2026

<https://www.un.org/pga/81/documents/speeches/peace-bell-ceremony-9-september-2026/>

<https://www.un.org/pga/wp-content/uploads/sites/111/2026/09/PGA81-Peace-Bell-Ceremony-9-September-2026.pdf>

PGA speech on Annual Peace Bell Ceremony

Wednesday, 9 September 2026, at 9:00 a.m.

Japanese Garden at United Nations Headquarters

Mr. Secretary-General,
Your Excellency, Mr. Kazuyuki Yamazaki, Permanent Representative of Japan,
Madam Yamazaki,
Under-Secretary-General Fleming,
And all those gathered around this monument of peace,

Peace be upon us.

I am honoured to join you today to commemorate the International Day of Peace.

Allow me to express my sincere thanks to Ambassador Yamazaki and the Permanent Mission of Japan for maintaining this venerable tradition.

We are privileged to be joined by Ms. Takase Seiko, daughter of Peace Bell creator Chiyoji Nakagawa, who proposed his idea to the **sixth** session of the General Assembly in Paris, in 1951.

Moved by an extraordinary aspiration for peace, Mr. Nakagawa collected coins from around the world, melted them and cast the Peace Bell from the stories they told:

Stories of saving lives and sacrifice.

Of solidarity in times of chaos.

Of hope that the seeds for global peace might one day take hold.

This hope for peace was placed in the hands of the UN, where we are standing today – and with it, a duty to ensure it was not placed in vain.

In ringing the Bell today, we are reminded of this legacy – and the inescapable truth for which this Bell tolls:

Peace must be built.

And it is our shared responsibility to build it.

Through acts of courage and compromise,

Through choices of unity over division,

And the countless individual contributions that give life to our collective aims.

Indeed, to invest in peace is to invest in ***trust***,

And 81 years on, in the confidence that multilateral action can still deliver for those it exists to serve.

This year's theme – “Invest in Peace: For Everyone, Everywhere, Every Day” – reminds us of this calling.

Like the Peace Bell, the UN was formed in a crucible.

From the ashes of war, it ushered in a new dawn, bringing countries of different histories and cultures together to build something greater than any could build alone.

We see this mosaic represented in the General Assembly.

And as President of the 81st session, I take our shared mission to heart.

I will work tirelessly to renew trust – among Member States and in this institution.

Excellencies,

You may know that beneath this Bell are handfuls of soil from Nagasaki and Hiroshima, sent to Mr. Nakagawa by *hibakusha*, survivors of the atomic blasts of 1945.

Their wish for peace so strong, it is the literal ground on which we stand.

A poignant reminder that from tragedy, we can leave something behind that asks more from us today.

As the Assembly enters its ninth decade, we honour their memory.

We make a vow to tomorrow's generations:

To choose peace over peril, and dialogue over devastation.

We recommit to the hard-won principles of the UN Charter, for which those in San Francisco in 1945 stood in ovation and awe.

And we uphold the tenets of international law underpinning all we do.

Like those who came before us, let us cultivate our "extraordinary aspiration for peace".

Let it guide us towards a future where each generation leaves to the next, a world more worthy of peace.

I thank you.

Campaigns

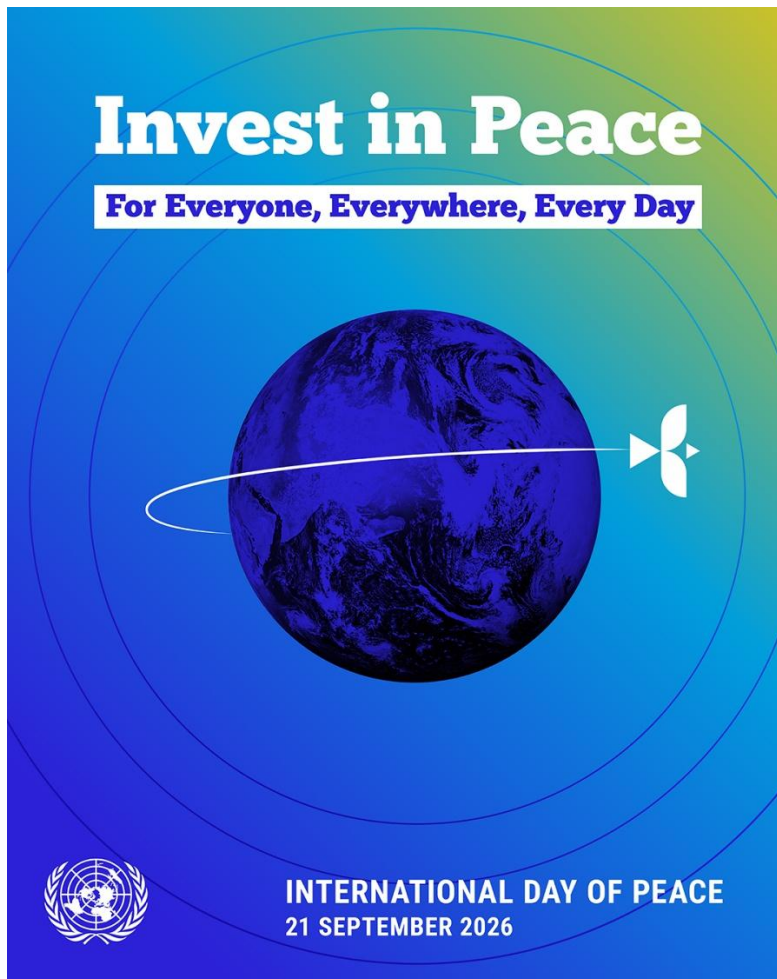
Actions for a peaceful world

Speak up, learn, practice respect, embrace diversity, protest injustice. Act Now and be the change you want to see!

Hear Us. Act Now for a Peaceful World

Hear Us. Act Now for a Peaceful World is a global campaign led by the United Nations and its youth partners. The campaign is based on the premise that peace is more than the absence of conflict—it's a life with dignity, justice and security.

<https://www.un.org/en/observances/international-day-peace/resources>



<https://www.un.org/sites/un2.un.org/files/peace-day-2026-poster.png>

<https://trello.com/b/IEyj4JUk/international-day-of-peace-2026>



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António Guterres

United Nations Secretary-General



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**Together, day by day, we
can build a more just world,
with compassion, equality
and dignity for all."**

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**On this International Day of
Peace, let us all be inspired by
the courage of those who
champion peace in
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and communities."**

António Guterres

United Nations Secretary-General



DIGITAL DATA CARDS

The cards were updated to reflect the 2025 MILEX data released by SIPRI on 27 April 2026.

MILEX and SDGs (General)

- Global military spending reached a record high of \$2.887 trillion in 2025.
- While global security worsened and progress on the Sustainable Development Goals faltered.

MILEX + Hunger

- Global military spending reached \$2.887 trillion in 2025.
- Ending global hunger by 2030 would cost around \$93 billion annually.

MILEX + Healthcare

- 1% increase in military spending equals 1% cut in publicly financed health services in low- and middle-income countries.
- Half of the world's population (about 4.5 billion people) lacks access to essential health services.

+++

- Global military spending reached \$2.887 trillion in 2025.
- Fully vaccinating every child in the world would cost up to \$285 billion.

MILEX + Jobs

- A \$1 billion investment in the military creates 11,200 jobs.
- \$1 billion could also create:
 - 26,700 jobs in education
 - 17,200 jobs in healthcare
 - 16,800 jobs in clean energy

MILEX + GDP

- \$2.887 trillion - Global military spending in 2025
- \$2.887 trillion is 2.5% of the world's Gross Domestic Product.

MILEX + UN Budget

- \$2.887 trillion - Global military spending in 2025.
- \$2.887 trillion is 776 times the regular budget of the United Nations in 2025 (\$3.72 billion)

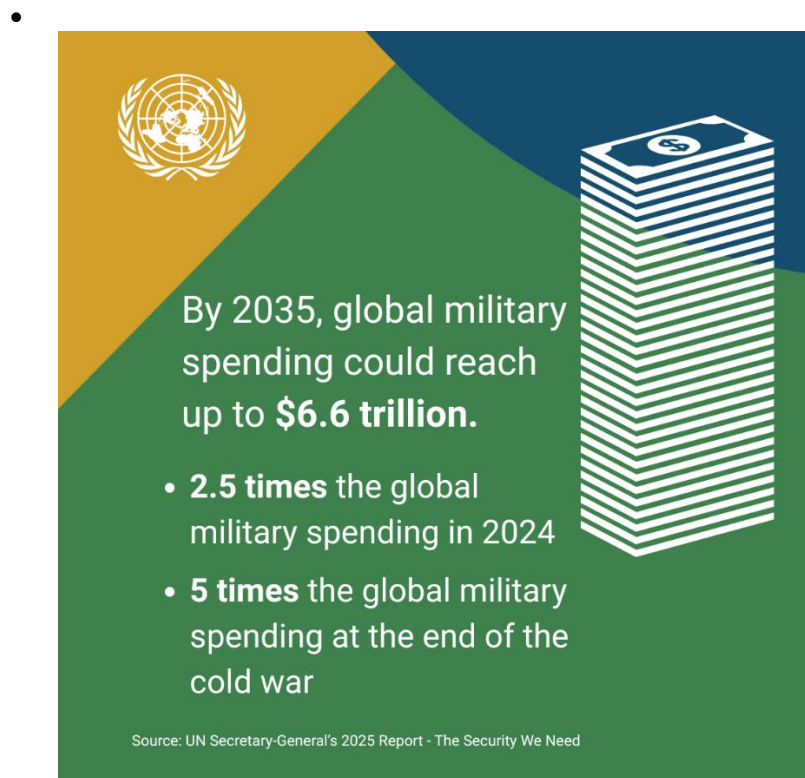
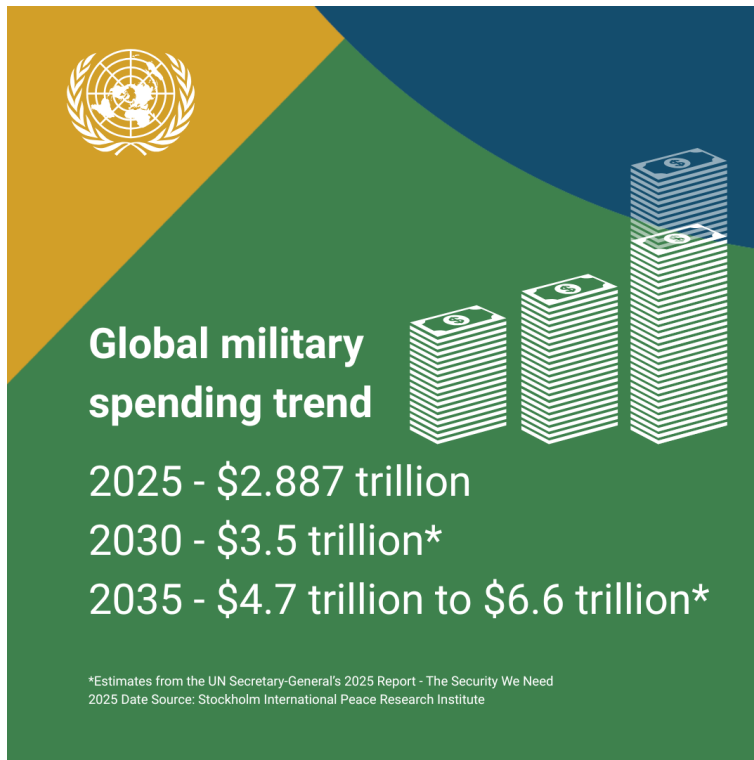
MILEX Trend and Projection

- 2025 - \$2.887 trillion
- 2030 - \$3.5 trillion

- 2035 - \$4.7 trillion to \$6.6 trillion

MILEX Projection

- By 2035, global military spending could reach up to \$6.6 trillion.
- 2.5 times the global military spending in 2024
- 5 times the global military spending at the end of the cold war





**Half of
the world's
population***

lacks access
to essential
health services.

*about 4.5 billion people



Source: World Health Organization



**1% increase in
military spending
equals**

**1% cut in publicly
financed health
services.**

in low- and middle-income
countries.



Source: United Nations



1 in 12 people
worldwide faced
hunger in 2024.



Source: UN Sustainable Development Goals Report 2025



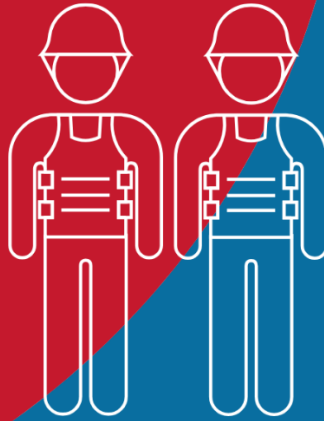
Ending global
hunger by 2030
would cost around
\$93 billion annually.



Source: von Braun 2024



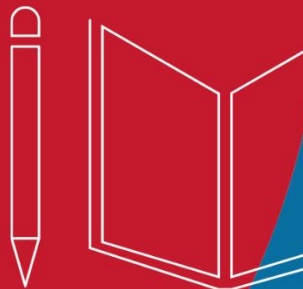
The world spent
\$21.9 trillion
on its militaries
in the past
decade.



Source: Stockholm International Peace Research Institute



\$5 trillion*
could fund **12 years** of
quality education for every
child in low- and lower-
middle-income countries.



*less than one quarter of \$21.9 trillion

Source: UNESCO





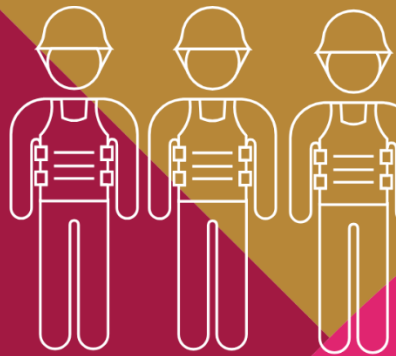
\$1 billion

could also create:

- **26,700** jobs in education
- **17,200** jobs in healthcare
- **16,800** jobs in clean energy



Source: United Nations



A \$1 billion
investment
in the military
creates **11,200 jobs.**



Source: United Nations



One-quarter
of the world
lacks access to
safe drinking water.

Source: World Health Organization, UNICEF

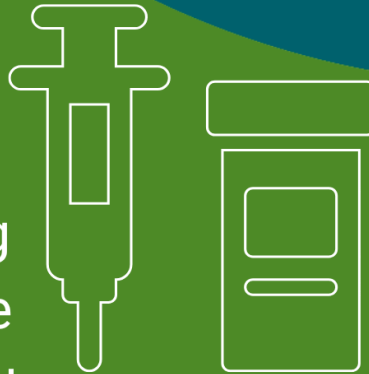


\$114 billion could
provide safe drinking
water and sanitation
in 140 low- and
middle-income
countries annually.

Source: United Nations



Fully vaccinating
every child in the
world would cost
up to **\$285 billion.**



Source: United Nations



Every child,
everywhere,
deserves
life-saving
vaccinations.



Source: UNICEF



Actions for peace

“Here are some activities you can consider and help raise awareness about peace and global goals.

1. Act Now for Our Common Future through social media.

Promote and participate in the Act Now 1 Million Actions for Our Common Future campaign. Download the app, select the campaign, and log your action to Speak up for Peace.

2. Launch a digital awareness campaign for peace.

Utilize social media platforms to transmit educational content, inspiring quotes and infographics on a culture of peace. By promoting everyone’s right to freedom of expression, opinion, and information, you are acting to promote a culture of peace. Digital connections between individuals transcend borders. With a click of a button, your positive content can highlight respect for life, human rights, each other, and fundamental freedoms. These messages can be shared across all types of social media platforms using the hashtag #PeaceDay. The more social media shares, the greater the reach of the International Day of Peace’s messages.

3. Organize a peace walk or run.

Gather friends, family, and community members for a peaceful walk or run, promoting peace and raising awareness of the culture of peace. A culture of peace is a set of values, attitudes, traditions, behaviours, and ways of life based on respect for life, ending violence and promoting non-violence through education, dialogue, and cooperation. This is a great way to peacefully unite the community. Participants can wear t-shirts displaying the messages of this year's theme "Cultivating a Culture of Peace" to inspire others.

4. Hold a "Sports Day for Peace".

Plan a day of sports activities that promote unity, inclusivity and peace. Include differently abled athletes and community members as well as traditional games like three-legged races, wheelbarrow races or blindfolded relays, where participants must work together and rely on each other's support to succeed. Recreational sports are also recommended, such as: football, volleyball, tennis, softball/baseball, basketball, etc. Sports are a phenomenal way for people to connect peacefully with a friendly, fair, and competitive atmosphere. Respect for others should be a constant theme throughout all the activities for the day. A "Sports Day for Peace", with family, friends and community members, can give participants the tools to promote harmony, including respect, integrity, and a positive attitude.

5. Host a peace-themed film night.

Arrange a film screening gathering with friends featuring movies or documentaries that promote peace. The themes of the movies can include the importance of education in efforts to cultivate a culture of peace and showcase freedom, justice, solidarity, cooperation, and respect, among other positive values. This is a fun way to gather friends, family and community members to enjoy a movie that promotes peace.

6. Volunteer for a peace organization.

A great way to honour the International Day of Peace is by volunteering one's time at a peace-driven organization. Here you can reinforce cooperation and solidarity as key principles for cultivating a culture of peace. There are many organizations that promote United Nations values. By contacting one of these local organizations and volunteering, you can make a tremendous impact in your community.

7. Tend to a community garden for peace.

Select a communal garden as the venue for a gathering on the International Day of Peace, where you can cultivate unity and sustainability, and advocate for peaceful cohabitation. The planting done in a community garden symbolically relates to the seeds planted in our minds through tolerance and acceptance, which are needed when cultivating a culture of peace. Uniting as a community to appreciate nature results in a true sense of togetherness while establishing a positive and healthy communal environment.

8. Host a peace concert in your community.

Select a group of choristers and / or musicians and hold a concert in a community venue. Curate a set of readings and musical pieces that speak to peace in your community.

9. Organize an exhibit of art for peace.

Curate a show of artwork in your institution or at a local art gallery. Select pieces of art by artists working to promote a culture of peace. Hold an opening for the art installation on or around the International Day of Peace.

10. Spearhead an environmental clean up effort.

Consider whether there are neglected areas that could benefit from a community clean up operation to beautify and contribute to peace in the environment. Send out flyers and invitations and take before and after photos to share on social media with the hashtag #PeaceDay.

11. Write a poem for peace.

Share your vision of a more peaceful world through poetry. Find inspiration from young people and children living in conflict zones using poetry to call for peace.” ---

Definitions from the [Declaration and Programme of Action on a Culture of Peace](#)

Cultivating a Culture of Peace: A culture of peace is a set of values, attitudes, traditions and modes of behaviour and ways of life based on:

- (a) Respect for life, ending of violence and promotion and practice of non-violence through education, dialogue and cooperation;
- (b) Full respect for the principles of sovereignty, territorial integrity and political independence of States and non-intervention in matters which are essentially within the domestic jurisdiction of any State, in accordance with the Charter of the United Nations and international law;
- (c) Full respect for and promotion of all human rights and fundamental freedoms;
- (d) Commitment to peaceful settlement of conflicts;
- (e) Efforts to meet the developmental and environmental needs of present and future generations;
- (f) Respect for and promotion of the right to development;
- (g) Respect for and promotion of equal rights and opportunities for women and men;
- (h) Respect for and promotion of the right of everyone to freedom of expression, opinion and information;
- (i) Adherence to the principles of freedom, justice, democracy, tolerance, solidarity, cooperation, pluralism, cultural diversity, dialogue and understanding at all levels of society and among nations; and fostered by an enabling national and international environment conducive to peace.

“Speak Up for Our Common Future

Join the global movement for change! Recent global crises have highlighted the urgent need to work together across borders. Only together can we take the bold actions that match today’s realities. Amidst these challenges, people from all corners of the world are stepping up for a better, more peaceful, and sustainable future.

Whether it is joining a peaceful demonstration, volunteering in your community, or casting a vote for sustainable policies, there is power in every action, especially when we act together. Let’s raise our collective voice to show decision makers that people worldwide are taking a stand and that we are ready to be part of the transformative change the world needs. Join us in shaping our common future for better lives on a healthier planet for all!”

Speak Up in Your Personal Life

Start a conversation: Change begins with conversations in our social circles. Whether at the dinner table or a coffee with friends and neighbors, look for ways to start meaningful conversations on social causes from human rights to climate action. Prepare by educating yourself, encourage dialogue with an open mind and share ideas to improve our future.

Amplify diverse voices: Listen, welcome and promote different perspectives. Broaden your own views by keeping informed, reading books, taking courses online, joining community talks and actively seeking diverse friendships.

Confront hate speech and discrimination: Challenge discriminatory language, behavior and practices when you encounter them in your daily life, whether it's in your workplace, school or social circles. Use social media, traditional media and other communication channels to raise awareness about the importance of peace, conflict prevention and resolution.

Verify before sharing information: Take the time to verify the facts, cite reliable sources and consider the potential harms before liking or re-posting on social media or sharing information with family and friends.

Speak Up in Your Community

Be an Ally: Stand in solidarity with marginalized groups, actively support their struggles for justice and equality, and advocate for systemic change. This means listening to new perspectives, asking how you can help, learning about and joining social causes, and calling out discrimination, offline and, whether it's in your workplace, school or online social circles.

Promote a fair, equal and diverse work culture: Support fair labor practices, and ensure there is gender equality, diversity and inclusion.

Advocate for sustainable practices: Lobby for the adoption of sustainable practices within your workplace and community, such as wind and solar energy, energy-efficient lighting, water conservation measures and waste reduction strategies.

Speak Up with Your Vote

Vote - and register if you haven't: Your vote matters in shaping a brighter future for all. Use your voice and your vote to support leaders who prioritize sustainability and human rights at every level of government.

Encourage others to vote: Support organizations that promote civic engagement and informed voting. Collaborate on voter outreach, education campaigns and advocacy initiatives. Mobilize voters who prioritize sustainability and human rights.

Support minority causes: Your vote can make a difference in the lives of many people who need better representation - youth, women, indigenous, LGBTIQ+, migrants and refugees, persons with disabilities, racial minorities, etc. Seek out and support inclusive political movements that create opportunities for marginalized groups.

Write to your local policymaker: Write letters or emails to policymakers urging them to support legislation and policies that promote sustainability, protect human rights, and hold governments and corporations accountable for their actions.

Speak Up with Your Wallet

Choose fair trade and climate-friendly products: Switch to renewable energy, opt for products that are certified organic, fair trade, cruelty-free or have eco-friendly labels indicating their environmental credentials.

Support socially-conscious brands: Do your research – choose brands and companies that prioritize sustainability and demonstrate a strong commitment to human rights through practices such as adhering to ethical labor standards and sourcing environmentally friendly materials.

Shop locally: Make your purchases more sustainable and support small businesses and entrepreneurs by buying local products and shopping in-person. This can contribute to job creation, economic diversity, and community development. Support companies that offer take-back or recycling programs, and repair or repurpose items instead of discarding them.

Donate to a cause: Support organizations and initiatives that work to promote sustainability and protect human rights through donating goods or making financial contributions.

Invest Responsibly: Invest your money in companies and funds that prioritize environmental, social, and governance (ESG) factors and that do not support fossil fuels or deforestation.

Speak Up with Your Time

Mobilize for change: Establish or join clubs/organizations to promote sustainability and human rights. Organize and/or participate in events, workshops or campaigns with a clear objective towards our common future.

Stand up for rights: Join peaceful rallies on issues that resonate with you such as ending wars, protecting women's rights or caring for the environment.

Collaborate with Schools and Universities: Partner with schools and universities to integrate sustainability and human rights education into curricula, host joint events and engage youth in advocacy efforts.

Volunteer for a campaign close to your heart: Consider endorsing and volunteering for campaigns that align with your values. From fundraising to advocacy, you can play a part in the political process.”

<https://www.un.org/en/actnow/speakup>

“Actions for a peaceful world

Peace is not only a noble vision for humanity; it is a call to action. Each of us can heal divisions and embrace peace and understanding. We can call on our families and communities to do the same. Speak up, learn, practice respect, embrace diversity, protest injustice. Be the change you want to see!

Host a Peace Circle

Bring friends, classmates, colleagues or community members together to talk about an issue that affects peace. Intergenerational [peace circles](#), which are part of the UN’s [Hear Us. Act Now for a Peaceful World](#) campaign, can happen in a classroom, university, cafe, community space or even online, with young people leading the conversation and co-designing solutions for a better world for everyone.

Speak up for peace

In today’s divided world, our clarion call for peace should echo louder than ever. There are many ways to speak up for peace and everyone can be part of the conversation. Spark conversations off-and-online about the urgent need for understanding, non-violence, and disarmament. Use your voice and words to challenge hate and champion peace.

Learn about peace- then share what you learn

Conflict prevention, mediation, peacekeeping, peacebuilding, and disarmament are essential tools the United Nations uses to foster lasting peace worldwide. Given the interconnected nature of conflicts and crimes in our globalized world, understanding these tools and their impact is crucial for everyone. Knowledge is power – choose one issue that you care about. **Learn about it from reliable sources, then share what you learn with friends or start a peace club at your school, university or workplace.**

Say no to violence

Change starts with us. Strive to resolve differences and conflicts at home, work and in your communities peacefully through dialogue and compassion. Treat others with respect, practice empathy and promote understanding. Join campaigns and movements that bring people together to stomp out aggression - such as the UN’s [UNITE to End Violence against Women](#) initiative and its civil society-led [16 Days of Activism against Gender-based Violence](#) campaign. Support the [Break the Silence](#) movement that aims to create a safer world for the LGBTIQ+ community.

Practice understanding and solidarity

More unites us than divides us; people everywhere have similar dreams for peace and prosperity. We also face common challenges that are not bound by borders such as cybercrimes, climate change and trafficking. Voice your support for the United Nations as the only place where all countries can convene and engage with each other. Take part in local and national dialogues where people can share different perspectives even if they disagree. Join interfaith efforts for peace. And support people or organizations that promote dialogue, understanding and reconciliation.

Report bullying and harassment

No one should be bullied or suffer any forms of harassment on the basis of gender, race, nationality or other parameters. Today, one in three students between the ages of 13 and 15 have experienced bullying. While bullying and harassment remains widespread, in public and private places, online and offline, more laws to stop it are in place in many institutions and companies. Online, restrict information shared on social media accounts and use privacy and security settings. In some settings, police forces have cybercrime units that can help you stay safe. Learn about mechanisms to report these crimes - here is a [UNICEF guide](#) to report cyberbullying.

Protest inequality and discrimination

Inequality and discrimination often breed resentment and mistrust, sowing the seeds of misunderstanding and conflict in every society. Pick your favorite cause and join a rally for justice. Mobilize your community to mark the [World Day of Social Justice](#). Other [internationally recognized days](#) offer chances to join hands against gender discrimination, racism and homophobia, among a variety of concerns. Above all, make respect for the rights of others part of how you live.

Make space for voices that are missing

Take a moment to look at the groups, conversations, or decisions you are a part of and ask: *Whose voice is missing?* Reach out and invite them in. Make a deliberate effort to welcome those who might be excluded because of their age, gender, background, or abilities.

Say no to hate

Examine how you think about different groups of people, and question assumptions and stereotypes. Consider joining a group, online or in a community, that brings people together across faiths, ethnicities, gender identities or other categories to better understand each other. Be more open to learning from others and changing how you think. Join the UN's [Say No to Hate](#) campaign and find out how you can help to end hate speech and embrace human diversity.

Use your platform to support a peace advocate

There are many peace advocates among us - from activists, community leaders, thought leaders, social media influencers to celebrities. Find a peace advocate, youth activist or community organization whose work inspires you. Share their story on social media, feature

their work in a school or university publication, or create art, writing, music or other content that helps spread their message.

Follow reliable news sources

Confused about what to believe and whom to trust? You are not alone. The volume of incorrect information has exploded. Sharpen your skills to detect who may or may not be telling the truth. Are you getting facts from a reputable news organization? Or from texts or emails that arrive unsolicited? How much evidence backs up what they say? What's missing and why? Are diverse perspectives apparent – or is everyone saying the same thing? Cultivate your skepticism and your intuition. If something feels off, investigate more.

Post with care on social media

Next time you want to like or share a social media post, pause for a moment. Will doing so cause any kind of harm to anyone? If you are feeling angry about an issue, wait 24 hours to see if you still want to post about it. While social media brings people together, it can also drive hate and division, influenced by algorithms that reward people for having the same extreme views. Beyond monitoring your own posting habits, see if you want to join one of the emerging national and regional neutral, non-profit fact-checking organizations, especially around important events like elections. Check out the [UN's Verified campaign](#) that shares tips on how to [tackle misinformation](#) and encourages people to take care before they share information!

Help make digital spaces safer for women and girls

Champion safer digital spaces for women and girls. Take action by calling out harassment, standing with those targeted by digital violence, and actively dismantling harmful online norms. Learn more about [digital abuse, trolling, stalking, and other forms of technology-facilitated violence](#) against women and girls.

Use your creativity for peace

Create a short video, artwork, poem, song or social media post about **what peace means to you** and share it with your community. Make sure to use the hashtag - #ActNowForPeace.

Volunteer in your community

Make a difference right where you live. Pick a local cause that is close to your heart and offer your time. You could support neighbours in need, help run community events, or join forces with a youth-led initiative.

<https://www.un.org/en/actnow/ten-actions-peaceful-world>