

ACTIVIST TOOLKIT

Hear Us.

**Act Now for a
Peaceful World.**

A Host's Guide to Peace Circles



ACT
NOW

#ActNowForPeace

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1. Campaign Overview



Peace is not something done to or for young people. It must be built with them.

Today, the world is witnessing more armed conflicts than at any time since the end of the Second World War. Approximately two billion people live in fragile contexts, characterized by insecurities from economic to environmental, from political instability to conflict. In a world facing rising conflict, shrinking trust and growing inequality, evidence shows young people are leading the call for peace—not as a distant ideal, but as a daily demand. Fifty percent of the world population are under 30 years of age. They are peacebuilders, mediators, educators, artists, volunteers and tech innovators. They are the generation that has the greatest stake in our common future. However, too often, they are excluded from the spaces where solutions are shaped.

A direct outcome of the Pact for the Future, **Hear Us. Act Now for a Peaceful World** is a year-long global youth campaign organized by the United Nations with youth and partners that advocates for **inclusion, investment and partnership** with youth to build peace. Peace is not just the absence of war, it means different things to

different people: from having an education, to being able to feed the family, to a life with human rights, justice and dignity. Under the umbrella of the UN's flagship **ActNow campaign**, it brings together public advocacy and social mobilization to spotlight young people as powerful agents of peace.

Launched on the International Day of Peace (21 September 2025), the year-long campaign is led by the UN Department of Global Communications (DGC) in partnership with the UN Youth, Peace and Security (YPS) Secretariat—comprising the UN Youth Office, the UN Department of Political and Peacebuilding Affairs (DPPA) and the United Nations Population Fund (UNFPA).

“Peace is not built in conference rooms. Peace is built in classrooms, in clinics, in communities. Peace is built when people have hope, opportunity and a stake in their future.”

UN Secretary-General António Guterres

The campaign has two core tracks:

1 Social Mobilization

At the heart of the campaign are Peace Circles— inclusive dialogues, coalition building and solutions facilitated by youth and allies across the globe. These intergenerational circles are spaces for action-oriented solutions, co-creation, peer exchanges and storytelling, around peace, using the How Might We collaborative design thinking technique.

From prevention to disarmament to climate security and gender equality, they address the urgent need to invest in people-centered solutions and shape a more peaceful, just and sustainable future—guided by and with youth.

A defining feature of every Peace Circle is **youth inclusion**. At least 50 per cent of participants must be under 30—as per world demographics—with an emphasis on young people who are often not at the table and new to UN spaces—offering a vital platform for fresh perspectives, bold solutions and untold stories.

Solutions and stories from Peace Circles will feed directly into:

- The UN Secretary-General's 2026 Independent Study on youth's positive contributions to peace
- A Global Youth Peace Manifesto
- A Peace Library
- A Peace Circle Exhibit

2 Public Advocacy

The campaign will spotlight and amplify youth actions and solutions including in crises and fragile contexts. Each month, it will feature themed advocacy content, activations, changemakers and allies in action.

Partners and participants—including UN offices, civil society and youth networks—are invited to host peace circles using the Activist Toolkit as well as promote the campaign's content on their platforms, over a period of one year. The content will showcase stories and solutions for a peaceful world, harnessing diverse youth voices, peace circles and thematic issues. The UN will amplify select youth-generated content on official UN platforms.

Join Us. Act Now.

How you can take part in the movement:

- Host a Peace Circle
- Share and amplify youth-led voices, stories and solutions
- Use campaign materials and hashtags to mobilize youth influencers and networks and inspire action for peace

Together, we can co-create a peaceful, just and sustainable future—
with and for youth. **#ActNowForPeace**

2. Peace Circles



What are Peace Circles and Why Do They Matter?

Solutions don't start in conference rooms. They begin with all voices in communities.

At the heart of the campaign are Peace Circles—inclusive, youth-centered, intergenerational dialogues that create space for connection—where people come together to listen deeply, reflect openly, imagine boldly and act collectively. From crisis prevention to disarmament to climate security and gender equality, they address the urgent need to invest in people-centered solutions and shape a more peaceful, just and sustainable future—guided by and with youth.

A defining feature of Peace Circles is youth inclusion. At least 50 per cent of participants must be under 30

with an emphasis on young people who are often not at the table and new to UN spaces—offering a vital platform for fresh perspectives, bold solutions and untold stories.

These are not formal meetings. Whether held in a classroom, café, community centre, podcast studio, radio station or online space, each Peace Circle is an intentional, welcoming gathering designed to foster empathy, imagination and meaningful action on today's most urgent peace and security challenges. By prioritizing voices often left out when policies are developed or solutions identified, they bring together diverse voices—often for the first time—creating collaborative environments where lived experiences are honoured, new ideas take root and youth-led solutions emerge.

Did You Know?

Young people make up 50 per cent of the world's population—yet they're often excluded from policy decisions that impact their lives, peace and justice. In conflicts, they are missing at the table when peace processes are finalized. Globally, youth are a powerful force for positive change. Unlocking their full potential through greater inclusion, meaningful investment and equal partnership is essential to building lasting peace.



What Peace Circles Feed Into

During the campaign period (September 2025–September 2026), insights and solutions gathered through Peace Circles will contribute to a growing global tapestry of youth action, directly informing:

- The **UN Secretary-General's 2026 Independent Study** on youth contributions to peace
- A **Global Youth Peace Manifesto**
- A living **Peace Library**
- A **Peace Circle Exhibit** to be showcased at the UN
- **Monthly campaign content** spotlighting youth voices, changemakers and allies in action

Minimum standards for inclusion, facilitation and documentation ensure that every Peace Circle—no matter where it's held—creates a direct link between local action and global impact, grounding the campaign in the lived realities, hopes and solutions of young people.

And that is just the beginning. Each Peace Circle is a ripple-maker—sparking new conversations, connections and actions that extend far beyond the campaign. This approach can live on as a powerful tool for ongoing dialogue in communities everywhere.

3. Core Principles



To ensure every Peace Circle is meaningful, inclusive and impactful, hosts should follow these guiding principles:



Youth Participation:

At least 50 per cent of participants must be under the age of 30.



Include New Voices:

Half of all youth participants should be new to the metaphorical table and UN spaces to ensure fresh perspectives.



Youth Lead, Elders Listen:

Youth propose solutions through a guided design thinking collaborative methodology of How Might We prompts. Elders (30+) are encouraged to listen first—sharing experiences to inspire, support and amplify youth leadership.



Foster Respect and Safety:

A safe, respectful and inclusive environment is essential for open dialogue.



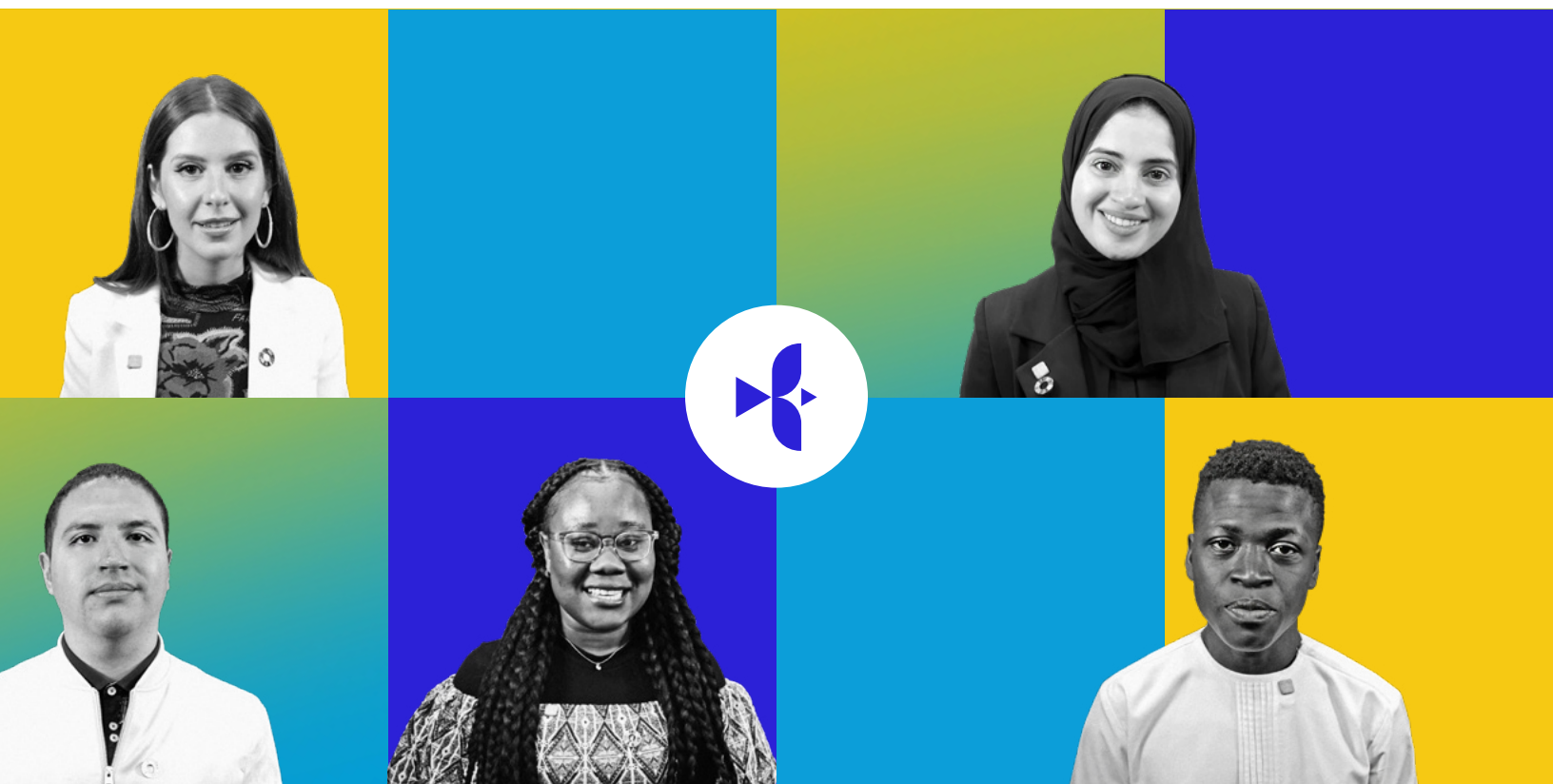
Keep It Clear:

Use jargon-free, accessible language so everyone can participate fully and confidently.



Capture and Share Outcomes:

Every Circle must document its insights through the campaign survey. Hosts are also encouraged to capture additional reflections through video, written or creative formats to share more widely.



Who Should Participate?

A powerful Peace Circle brings together a rich mix of perspectives.

When inviting participants, aim for diversity across backgrounds and experiences, such as:

- **Youth from both rural and urban areas**
- **Individuals from diverse gender, ethnic, religious, sexual orientation and linguistic communities**
- **Young people from diasporas and host communities**
- **A variety of roles—such as innovators, peace activists, parliamentarians, students educators and creatives**
- **Both youth and elders to foster intergenerational dialogue and learning**

Each voice adds depth and value to the conversation.

The more diverse the circle, the more powerful the outcomes.

4. Step-by-Step Guide: Hosting a Peace Circle



Before the Peace Circle

01

Choose a format, group size, location and duration that fits your local/national context, environment and resources.

.....

Example formats

→ **Conversation circle**

Interview, podcast, fireside chat, TV or radio show; 2-4 participants; 30 mins+

→ **Small group circle**

roundtable, online conversation; 4–10 participants, 60 mins+

→ **Large group circle**

Focus group, community circle, classroom; 10+ participants, 60-120 mins

02

Select the thematic “How Might We” prompt that best fits your context.

→ Read: Section 05. Prompts: How Might We...

03

Decide if Chatham House Rules will be used during the circle.

→ **Chatham House Rules** mean you can share what was said in the conversation, but not who said it—so everyone feels safe to speak openly.

Note: After the dialogue, youth will be given the opportunity to share their views more publicly via the survey (required) and short video snippets (optional).

04

Select and invite participants

Ensure at least 50 per cent of participants are under 30 years of age, with at least half of them new to the table or UN spaces. Include Elders (30+) as keynote listeners. You may also invite experts to help set the context.

→ Read: Section 03. Core Principles

05

Prepare facilitation materials and location set-up

- Beyond the prompts provided in this Activist Toolkit, prepare background information from reliable sources to help participants understand the theme, as needed.
- Confirm your physical space or online platform.
Test technical equipment like cameras, microphones and internet connection.
- Ensure on-site support to capture media for solutions from key speakers (if resources and context allow)
- Essential to the peace circles are the surveys. They will feed into the UN Secretary-General’s 2026 Report. Save host and participant survey links to circulate with the group to complete the peace circle.

Host survey: <https://www.surveymonkey.com/r/actnowforpeace-hostsurvey>

Participant survey: <https://www.surveymonkey.com/r/actnowforpeace-participantsurvey>

During the Peace Circle

EXAMPLE FLOW

01

Welcome and purpose



~3–5 min

- Start with a warm welcome. Introduce the campaign, the purpose of the Peace Circle and how the ideas generated could feed into global outcomes.
- **Screen campaign video:**
<https://trello.com/c/ctjlu3PK/4-campaign-video-peace-is>

02

Housekeeping (ground rules and safe space)



~2–3 min

- Explain participation principles: youth lead, elders listen.
- If using Chatham House Rules, explain them clearly. Hosts can adapt ground rules to their context and format.
- Let participants know that by taking part in the Peace Circle they consent to possibly being included in UN campaign photos, videos or other materials.



Ground rules

- **Youth** share experiences and propose ideas for solutions through guided How Might We prompt(s).
- **Elders (30+)** primarily listen during the discussion and provide relevant background, data or expert input during the context-setting phase.

03

Context setting



~5-10 min

- Prompts are provided in this Activist Toolkit. As needed, share additional reliable, accessible information about the theme for the local/national context (*for example: UN data, thematic briefs, local expert input*). Consider inviting an expert to provide context for the chosen theme, if required.

04

How might we ... dialogue



~20–30 min

- Use one or two thematic “How Might We” prompts for the group to discuss. Focus on capturing youth-led ideas for solutions. Summarize key takeaways as you close the dialogue and check with participants that their contributions are correctly understood. Elders can join in to highlight promising initiatives and ideas.



Capture photos of the group during the dialogue, if possible.



Facilitation Tips

- **Practice active listening:** Focus on understanding what people are saying.
- **Remain neutral:** Avoid agreeing or disagreeing with participants’ ideas. Use neutral phrases like, “Thank you for sharing that perspective.”
- **Paraphrase and clarify:** To ensure the group understands a point, repeat it back. For example, “What I’m hearing you say is... is that correct?”
- **Engage quiet participants:** Ask broad, open-ended questions to the group to garner engagement, like, “Does anyone who hasn’t spoken yet have a thought on this?”
- **Navigate disagreements:** Remind the group of the ground rules. Frame different perspectives as a strength, like, “It’s valuable that we have different viewpoints here. Let’s explore that respectfully.”

05

Fill out surveys (required)

**~10-15 min**

- Circulate survey link to complete the circle with participants. Dedicate at least 10-15 minutes so that participants can complete the survey.
- **Participant survey**
<https://www.surveymonkey.com/r/actnowforpeace-participantsurvey>

06

Wrapping up and call to action

**~5 min**

- Thank everyone sincerely for their time and their courage.
- As a next step, encourage everyone to host their own Peace Circle(s). Remind them of the Activist Toolkit and prompts and the imperative to complete the surveys. End the circle on a positive and hopeful note, calling on them to stay active, engaged, and direct them to the campaign website:
<https://www.un.org/en/peace-and-security/hear-us>

07

Solution box - media capture (optional)

**~10-15 min**

- If time and resources allow, invite select participants to capture their big idea, action or main takeaway in one of the formats below:
 - **A short (30–60s) vertical video or audio clip** answering the thematic How Might We prompt with their personal solution idea or key insight
 - **A brief written quote or statement** reflecting their main takeaway
- Inform participants that their submission may be featured in the public campaign.
- **Read: Section 06. Key Resources - Media Capture Guidance**

After the Peace Circle

01

Fill out host survey (required)



~10-15 min

- Complete Host survey within 24 hours of peace circle. Dedicate at least 10-15 minutes. You will have an opportunity to recommend participants that stood out (so have names and emails ready) as well as to upload physical copies of the survey, if participants were unable to do so online.
- **Host Survey:**
<https://www.surveymonkey.com/r/actnowforpeace-hostsurvey>

02

Submit all content via Dropbox

- Prepare and upload all collected media (surveys, photos, video, text, and summary of peace circle) in a clearly labelled folder following this naming convention Country-City-Date-Peace-Circle-Theme-Name. Include a short summary (500 words max) for context with host contact information with media upload. Via the dropbox link, upload all files, selecting the folder from your desktop.
- **Dropbox to upload media:**
<https://www.dropbox.com/request/n2EPEQjpxAeN8RpuXSCc>

Submission checklist (for hosts)

PEACE CIRCLES | OUTPUT CHECKLIST

- ☐ Completed host survey
- ☐ Completed participant surveys
- ☐ Uploaded short video/audio or written quote per participant/team in clearly labeled folders (if applicable)
- ☐ Uploaded any other outputs (e.g. photos of Peace Circle with short caption to indicate where and when Peace Circle has taken place)

5. Prompts: How Might We...



To spark creative and solution-focused conversations, each Peace Circle centers around “**How Might We...**” prompts. “**How might we**” questions are a design thinking technique encouraging collaboration, inviting exploration and emphasizing a collective approach to finding solutions. This format allows a call to action and invites participants to reframe challenges as opportunities for innovation, empathy and youth-led action. Choose the themes most relevant to your community—and feel free to localize, adapt or add your own.





Inclusion and Representation

Globally, youth are a powerful force for positive change. They have consistently called for three things: include, invest and partner with youth in shaping peace. Yet in too many decision-making spaces, youth voices remain sidelined.

- How might we create spaces where youth are not just present, but lead decision-making?
- How might we overcome stereotypes or systems that exclude certain youth (e.g. young women and girls, LGBTQIA+, rural, Indigenous, or those from global majority countries)?
- How might we co-design peace solutions with youth and elders?
- How might we reimagine investment in youth capacities, which enables them to participate in spaces like the UN, or parliaments, national governments or ministries?
- How might we build real opportunities for young people in crises or fragile contexts?



Gender Equality

When women and girls rise, everyone thrives. Research shows peace agreements are more durable and effective when women are meaningfully involved. Yet women remain largely excluded from peace processes—with women making up only 5 per cent of negotiators, 9 per cent of mediators and 19 per cent of signatories to peace and ceasefire agreements as of 2023. Worldwide, an estimated 736 million women—almost one in three—have been subjected to physical and/or sexual violence, at least once in their life.

- How might we bring more women and girls into peacebuilding, from the community to the negotiating table?
- How might we build solutions to include more women in law and order, security forces that impact peace, as peacekeepers?
- How might we design safer, more inclusive systems for girls and gender-diverse youth to lead change?
- How might we build everyday gender justice in our schools, homes and communities?



Climate, Peace and Security

Climate change is a threat multiplier—leading to famines, mass displacement, extreme weather events and conflict. Countries in fragile settings often suffer some of the worst climate impacts, but are amongst the lowest recipients of climate finance. Of the 15 countries most vulnerable to climate impacts, 13 are already facing violent conflict. Youth are on the frontlines of both crises.

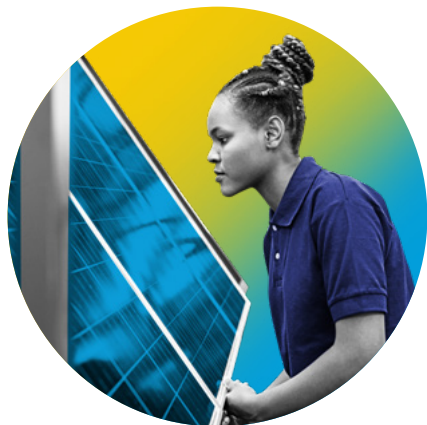
- How might we mobilize youth-led action to address local climate-related challenges?
- How might we ensure climate action also builds peace in fragile contexts?
- How might we make sure the green transition doesn't leave anyone behind?
- How might we address the challenges posed by climate change in your community or around the world?



Education and Peace Literacy

Education is a powerful force for peace. It builds critical thinking, fosters empathy and equips young people with the tools to resolve conflict, challenge injustice and lead change. Yet progress remains off track. As of 2023, 272 million children and youth are out of school. In many conflict zones, schools are underfunded or under attack.

- How might we make quality education universally accessible, even in conflict settings?
- How might we strengthen peace literacy and conflict resolution skills in our schools and communities?
- How might we use creative expression to build understanding and prevent conflict?



Economy and Jobs

Global economic growth is falling short. GDP per capita growth is projected to slow to just 1.5 per cent in 2025 due to heightened trade tensions and policy uncertainty. Unemployment, economic injustice and inequality are among the key drivers of instability. Investing in youth jobs and sustainable livelihoods helps create conditions for long-term peace—especially in post-conflict and fragile settings.

- How might we create jobs that strengthen economic wellbeing and peace?
- How might we design work that supports peace, not just profit?
- How might we expand real economic choices for young people?
- How might we shift investments from conflict to community wellbeing?



Technology and Innovation

Technology can build bridges—or deepen divides. Youth are already using tech to organize, advocate, fight for human rights, justice and peace. But digital spaces must be made safer and more inclusive—especially for girls, activists and marginalized groups.

- How might we make digital spaces safer for youth, especially girls and activists?
- How might we use technology to build a culture of peace and prevent conflict?
- How might we use social media to build understanding instead of division?
- How might we support youth in creating tech-based solutions for peace and justice?



Disarmament and Military Spending

Global military spending reached \$2.7 trillion in 2024. Projections show it could rise to \$6.6 trillion by 2035. This spending often comes at the expense of education, health and development. What if we invested in the human race and not the arms race?

- How might we shift resources from weapons to peacebuilding and wellbeing?
- How might we raise awareness about the real costs of war and the benefits of investing in peace?
- How might young people influence decisions that drive military spending in their countries?
- How might we explain the cost of war vs. the price of peace in our communities?
- How might we reimagine how \$2.7 trillion could be spent to build a safer, healthier and more just world?



Youth in Political Life and Leadership

Half the world's population is under 30, but only 2.6 per cent of them are parliamentarians. Legislations, policies and decisions are made, often ignoring the voices of young people. Youth want more than a seat at the table—they want to reshape the table itself. Building youth power means removing systemic barriers to civic participation and political leadership.

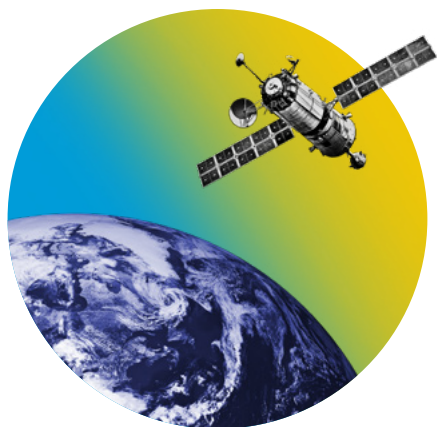
- How might we help more youth run for office or lead policy change?
- How might we reimagine politics to reflect the needs of young people?
- How might we open space for different political views to bridge divides?
- How might we strengthen youth leadership in local decision-making spaces?
- How might youth encourage peers to vote on the issues that matter to them, from climate to equality to peace?



Refugees and Displacement

Approximately 2 billion people live in fragile contexts, which represents about 25 per cent of the global population. More than 120 million people worldwide are forcibly displaced as a result of climate emergencies, persecution, conflict, political and economic instability, violence and human rights violations. Many are young—seeking not only safety, but also dignity, opportunity and a future. Whether crossing borders or rebuilding lives in host communities, refugee and migrant youth bring courage, creativity and resilience. Yet they are often excluded from jobs, education, peacebuilding efforts and decisions that shape their futures.

- How might we support displaced youth in leading peacebuilding efforts in their new communities?
- How might we build stronger solidarity between refugee and host communities?
- How might we protect the rights, safety and dignity of youth on the move?
- How might we shift public narratives about migrant youth to focus on their contributions, not just their vulnerabilities?



Outer Space and Peace

Space may seem far away—but it shapes our daily lives, and is often in the news. Satellites power our communication, navigation and weather forecasts. But space is becoming more crowded and contested, raising concerns about the militarization of orbit, satellite debris and global inequities in access. Today's youth must help shape a future where space is peaceful, sustainable and shared by all.

- How might we ensure space remains a peaceful and cooperative domain for all countries?
- How might youth raise awareness of how space technology impacts peace, security and development on Earth?
- How might youth advocate for stronger international agreements to keep space demilitarized, safe and accessible for all?



Create Your Own “How Might We...” Prompt

As a Peace Circle host, you’re welcome to craft a prompt that speaks directly to your local context or the experiences of your participants. The best Peace Circle questions are rooted in real life and open the door to new solutions.

Tips on how to design your own “How Might We...” prompt:

- 1. Start with a real issue.** What’s a peace or security-related challenge young people are facing in your community right now? Think of peace across the spectrum. What does peace mean? Is it job security, is it the ability to walk home safely at night, is it to have an education, dignity and justice during hard times, is it political and economic stability, or not to go hungry? Think about local concerns.
- 2. Frame it as an opportunity.** Begin your prompt with “How might we...” to invite solution-driven thinking.
- 3. Keep it specific and youth-centered.** You might also include a lens—such as gender, disability, rural/urban divide, etc.—to bring clarity.

Once you’ve created your prompt, test it with your co-host or a small group.

Does it invite conversation?

Does it feel relevant and hopeful?

If yes—you’re ready.

6. Key Resources



Campaign Links and Contact

- **Campaign Website:** <https://www.un.org/en/peace-and-security/hear-us>
- **Activist Toolkit Trello Board:** <https://trello.com/b/P6pjJ0Sm/hear-us-act-now-for-a-peaceful-world>
- **Host Survey:** <https://www.surveymonkey.com/r/actnowforpeace-hostsurvey>
- **Participant Survey:** <https://www.surveymonkey.com/r/actnowforpeace-participantsurvey>
- **Dropbox Media Upload Link:** <https://www.dropbox.com/request/n2EPEQjpxAeN8RpuXSCc>
Submit any media content as a folder following this naming convention:
[Country-City-Date-Peace-Circle-Theme-Name].
Include a short summary with host contact information with media upload.
- **Newsletter Sign-up:** Encourage participants to sign up for the campaign newsletter to stay updated.
<https://www.un.org/en/peace-and-security/hear-us#sign-up>
- **Contact:** For any questions or support, please contact unactnow@gmail.com
with subject line **Hear Us. Act Now for a Peaceful World.**

Official Hashtag

Please use the official campaign hashtag in all posts.

- **#ActNowForPeace**

Sample Invitation Email

Subject: You're Invited: Join Our Peace Circle

Email Text:

Dear **[Insert name]**,

We're excited to invite you to take part in a **Peace Circle**—a meaningful, youth-centered conversation about building peace and justice in our communities and beyond.

What is a Peace Circle?

Peace Circles are welcoming, intergenerational spaces where we come together to share stories, explore solutions and imagine a more peaceful world. As part of the global United Nations campaign **Hear Us. Act Now for a Peaceful World**, these conversations spotlight youth as powerful agents of change. **See attached brief for more details.**

Date: [Insert date]

Time: [Insert time and time zone]

Location: [Insert venue or online platform + link if virtual]

Together, we'll listen deeply, reflect openly, imagine boldly and explore how we can create change—starting where we are.

You don't need to be an expert. Come with an open mind and your lived experience. After the dialogue, you'll be invited to share your ideas in a short survey.

Please RSVP here: **[Insert RSVP link or email]**

With gratitude,

[Your name]

[Your role or affiliation, if any]

[Contact info]

Media Capture Guide

Your Peace Circle is part of a global campaign to amplify youth voices and ideas for peace. While the peace circle does not need to be recorded, you can capture short videos, photos, quotes and other creative outputs before or after the peace circle with a select few participants to inspire action far beyond your circle through the campaign.



General tips for all media types to keep in mind when capturing content

- ☐ **Inform participants** before recording or taking photos that by taking part in the Peace Circle they consent to possibly being included in UN campaign photos, videos or other materials.
- ☐ **Take note** of the participant's **first name, last name, country and email address** to accompany any submitted content.
- ☐ **Use natural light** or ensure the subject is well-lit and try to avoid strong backlighting
- ☐ **Keep the camera steady**, maybe use a tripod or rest your phone on a stable surface if it's easy
- ☐ **Name your files before uploading:**
E.g. *Country-City-Date-Peace-Circle-Theme-Name*.
Include first name, last name and your contact as part of submission.

Video

Short video testimonials are the most direct and engaging way for participants to share their ideas in their own words and voice. They can be used on social media, in campaign videos, and during events.

- **Length:** Try to keep it short and sharp 30–60 seconds per participant or team.
- **Orientation:** Film in portrait mode (vertical). It works best for social media and mobile viewing.
- **Framing:** Head and shoulders in the shot, eyes at camera level. Hold the phone steady or rest it on something stable.
- **Content:** Ask the participant to say the How Might We prompt they worked on out loud, word for word. Then, in simple terms, share their solution idea or key insight. Creativity is welcome! The important thing is that they believe in what they're saying and it's clear to someone who wasn't there.
- **File type:** MP4 format, max size 200 MB (about 1 min in HD). If your file is larger, reduce quality to 720p before sending.
- **Sound:** Pick a quiet spot. Avoid wind or background noise. Ask participants to speak clearly and at a steady pace.

Audio

Not everyone is comfortable on camera. Audio gives participants another way to share their message.

- **Length:** 30–60 seconds per participant.
- **Content:** Same as the video: How Might We prompt + personal solution or key insight.
- **Quality tip:** Hold the microphone/phone about 20–30 cm from the speaker's mouth.
- **Sound:** Pick a quiet spot. Avoid wind or background noise. Ask participants to speak clearly, directly into the microphone and at a steady pace.
- **File type:** MP3 or WAV

Photos

- **Focus on faces:** Capture clear, well-lit photos of participants interacting and sharing.
- **High resolution:** Use the highest quality setting on your camera or phone. Avoid using the digital zoom, as it can reduce image quality.

Written quotes

- **Length:** Maximum 250 characters.
- **Content:** The participant's answer to the "How Might We" prompt.
- **Attribution:** Use their first and last name.



#ActNowForPeace