



## JANUARY

### Hope

#### Definition:

Being optimistic that something you desire will happen.

#### Why is it important?

Hope is incredibly important as it motivates us to act to achieve new things and solve problems to achieve something new. It can be hard to stay hopeful about solving large, complex, and long-term global issues. However, hope inspires us to try, and trying greatly increases our chances of success. The more we share hope's power to create change the bigger it grows!

#### Class activity - The importance of hope in solving large complex issues:

Below is a list of large and complex issues that have been dramatically improved in recent history. Without hope that the issues could be solved, people would not have fought to overcome them, and we would not have these

improvements today. These issues were solved because people believed a fairer world was possible, and took action to achieve this, despite many obstacles.

- **The Slave Trade** was made illegal in 1807.
- **Women gained equal voting rights to men** in the UK in 1928 when the Equal Franchise Act was passed.
- **Racial discrimination** was made illegal in the US in 1964.
- **Hanging was banned as punishment for breaking the law** in the UK in 1969.
- **Cases of Polio (a life-threatening virus) have decreased by over 99%** since 1988.
- **Apartheid in South Africa** (a system of discrimination based on race) was ended in 1994.
- **Same sex marriage became legal** across the USA in 2015.

Unfortunately many of these changes did not completely solve these issues. For instance, the Black Lives Matter movement highlights that racism still occurs in the US, and elsewhere, and attempts to change this. How do you think seeing many people take action on issues such as racism, affects one's hope for positive change?

#### Make a change:

Which groups of people can you identify who suffer from discrimination? Think of one **personal** action you can take, one action your **local** community could take, and one action the **global** community could take to encourage equality and respect of all people globally. How could you use the power of hope to make these actions successful?