

True Strength

STAYS CALM IN DIFFICULT TIMES



True Strength

STAYS CALM IN DIFFICULT TIMES

“A warrior fights with courage, not anger.

True strength comes from calm, controlled bravery and clear thinking.”



African Resource Center of West Michigan
Grand Rapids, Michigan



*Our elders say,
“A warrior fights with courage, not anger.
True strength comes from calm, controlled bravery and
clear thinking—not from rage or impulsive behavior
calculated to instill fear or insecurity.”*

*Many admire warriors because they face danger
and hardship to protect those they love.
Warriors know when to fight and when to retreat.
They master their body and mind to bring peace—not harm.*



*But not everyone shows this kind of strength.
Some people let anger control them.
Instead of protecting their family,
they make them feel unsafe.*





*Abuse is not just physical.
It does not always involve bruises or broken bones.
It's about power and control.
It can take many forms.*

Here are some signs of abuse:



Physical Abuse:

Physical abuse is any intentional use of force that causes bodily harm, pain, or injury to another person.

It's not limited to bruises or broken bones; it's about someone using violence to control, intimidate, or punish.

*Physical abuse includes hitting,
slapping, pushing, and choking.*

The victim may have unexplained bruises or injuries.

*They may also be prevented
from seeking medical care when needed.*



Emotional Abuse:

*This is sometimes called psychological abuse,
which is a pattern of behavior where one person uses
non-physical tactics to control, belittle, or manipulate another.*

*It doesn't leave visible scars,
but its impact can be profound and lasting.*





*Emotional abuse includes constant criticism,
insults, or humiliation.*

*The abuser makes their victim doubt reality and lose
confidence in what is right or wrong. The abuser uses threats,
intimidation, and manipulation to isolate the victim from
friends, family, or support systems.*

*Sexual Abuse:
Sexual abuse is any unwanted sexual behavior
or contact that is forced upon someone
without their consent.
It's not about desire;
it's about power, control, and violation.*





Examples of sexual abuse include coercion or pressure into sexual acts, unwanted touching or contact, and using sex as a tool of control or punishment.

These are just a few ways a warrior becomes a coward —fighting not with courage to protect, but with anger to create fear.

If someone you know is experiencing abuse:

- *Listen without judgment*
 - *Believe them*
 - *Validate their feelings*
- *Help them explore local resources*
- *Support safety planning.*





*If you are experiencing abuse,
You are not alone. Speak up. Reach out.
There is help. There is hope.*

*A true warrior protects.
A true warrior brings peace.
A warrior fights with courage, not anger.
Let's be warriors of courage—not anger or fear.*

True Strength

STAYS CALM IN DIFFICULT TIMES

“A warrior fights with courage, not anger.

True strength comes from calm, controlled bravery and clear thinking.”

Portions of this handbook and its accompanying video—including draft text, images, and narration—were generated with the assistance of AI tools.

The final message and all editing decisions reflect the lived experience, values, and creative guidance of the African Resource Center of West Michigan’s media team.

Appreciation:

We gratefully acknowledge the **Grand Rapids Community Foundation** for their generous support of the African Resource Center’s Health and Wellness Project. Their partnership strengthens our mission to promote culturally responsive care and community well-being. Thank you!

