

QPSW Turning the Tide Nonviolence Training
Violence and Nonviolence

1-day Agenda
10.00 to 5.00



Purpose

- Convey active nonviolence (ANV) core principles—ANV as a response to oppression; how this is done, and what is required; look at the nonviolence tradition
- Explore what we face—oppression in our lives and world, gain deeper and wider understanding of violence
- Offer experience of this transformation and connect it to our lives
- Identify nonviolence in relation to other peace work, ie mediation, peace building, conflict resolution

Welcome & Introductions 20 mins

Beginning to explore nonviolence 30 mins
Exploring beliefs about nonviolence

Nonviolence spectrum 40 mins
Classic exercise to explore our different understandings of violence and nonviolence

BREAK

Dealing with violence 20 mins
What is violence? Nonviolence? What makes a behaviour, attitude or social structure violent?

Structural/Cultural/Direct Violence – Johan Galtung 15 mins
Explanation + discussion What allows Violence to happen?
a)Myth of redemptive violence – Popeye story/cartoon
b)Otherness/objectification
c)Demonisation/scapegoating

Reflecting on ways of responding to violence 20 mins
Identifying different ways of responding to violence and reflecting on our own experience of these

LUNCH 60 mins

Breaking the cycle of violence 50 mins
1.Pairs or small groups
2.Case study

Whole Group Discussion – responses to and cycles of violence 50 mins
1. Plenary feedback – responding to violence and breaking the cycle
2. Introduce Turning the Tide characteristics/principles of nonviolence

BREAK

Light & Lively energising exercise 10 mins

Walking in their shoes 45 mins
Reflect on your 'opponent' from previous exercises. How does the situation look to them?

Conflict transformation flowchart/Tree of Nonviolence 10 mins
Introduce and talk through conceptual tools

Evaluation 10 mins

Closing exercise 5 mins