

SPIRITUALITY OF NONVIOLENCE AND PEACEMAKING

(A 2.5 hrs. WORKSHOP for high school Junior/Seniors)

Background:

- ❖ There is no limit to the number of students attending this workshop and it can easily be done in a classroom setting in the school itself
- ❖ In doing the Exercises, the ideal number per table is 5 or 6 students
- ❖ If the participants are from a Catholic/Religious School, it is highly recommended that you look up on their website the Mission and Values which the school seeks to promote...these become the context of doing this workshop...a context you can keep referencing throughout
- ❖ Carefully review the outline below BEFORE doing the workshop so that you have all the materials on hand

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WORKSHOP ITSELF

- ❖ Welcome and Introductions
- ❖ (If possible) Relate the workshop to the Mission/Vision Statement of the school
- ❖ **CONFLICT: A part of life**
 - ~ **Definition:** Definition: Because all of our needs and expectations are different...conflict arises when 2 or more people think, act or express themselves differently based on their own needs and/or expectations
 - ~ **Conflict be good**
 - motivator
 - can be productive
 - necessary for any change to happen
 - renew relationships
 - instrumental for growth
 - ~ **Styles of dealing with conflict**
 - Exercise and Reflection: YOUR BEST FRIEND HAS BEEN ARRESTED FOR DWI (DUI) AND YOUR PARENTS WANT YOU TO HAVE **NOTHING** MORE TO DO WITH HIM/HER
 - Process: Hand out envelope to each of the 5 groups. In envelope is 1 conflict style (avoiding, accommodating, forcing, compromising,

collaborating). Do not tell other groups what style your group has in dealing with the conflict.

Keep in mind:

- ✓ you value BOTH the relationship with your parents and the relationship with your best friend
- ✓ you have 10 min. to resolve this conflict using the style on your card
- ✓ you will report back to the whole group (in whatever creative way you choose) how you resolved the conflict WITHOUT MENTIONING the style you used to do so. As each group comes forward, facilitators are creative in stating the issue again.

Discussion on styles to follow

- ✓ avoiding: neither issue nor relationship are worth discussing
- ✓ accommodating: relationship more important than issue
- ✓ forcing: issue is more important than relationship
- ✓ compromising: cooperation is important
- ✓ collaborating: relationship and issue are both important

❖ **BREAK**

❖ **VIOLENCE**

- ~ **Definition:** Intentional use of words, actions or physical force so as to injure, abuse, damage or destroy
- ~ **Expressions of violence** (Elicit from participants and post on newsprint)
 - bullying
 - gangs
 - 'crossing a line'
 - shaming
 - name calling
 - murder
 - abuse
 - guns, knives
 - teasing
 - pushing
 - punching
 - silent treatment
 - road rage
 - Other:

- ~ **Types of violence:** (Elicit from participants and post on newsprint)
 - Physical
 - Verbal
 - Nonverbal
 - Emotional
 - Psychological
 - Spiritual
 - Sexual
 - Cultural
 - Neglect
 - Institutional
- ~ **Experiences of violence** (Elicit from participants and post on newsprint)
 - TV
 - Movies
 - Video games
 - toys
 - in your school
 - at home, neighborhood

❖ ACTIVE NONVIOLENCE

- ~ **Definition:** the use of peaceful means in an active, persistent manner to bring about social change and a means of building a community committed to the well-being of all
- ~ **Exercise and Reflection:**

AS OF AUGUST 1, 2017...

- **Group 1: NO STUDENTS WILL BE ACCEPTED OR ALLOWED TO CONTINUE IN YOUR SCHOOL WHO HAVE LEARNING, EMOTIONAL OR PHYSICAL DISABILITIES**
- **Group 2: YOUR SCHOOL WILL NO LONGER OFFER FINANCIAL AID, SCHOLARSHIPS OR WORK STUDY THAT GOES TOWARD TUITION**
- **Group 3: YOUR SCHOOL IS ELIMINATING ALL SPORTS PROGRAMS**
- **Group 4: YOUR SCHOOL WILL BE INSTALLING METAL DETECTORS AT EVERY ENTRANCE AND HIRING SECURITY GUARDS**
- **Group 5: YOUR SCHOOL IS CLOSING**

- ~ **Task:** Each group is to figure out how to address with classmates, parents, and administration this major issue using active nonviolence strategies

~ **Process:** They will report out to the large group their methods of dealing with the issue.

- Facilitators will record on newsprint the ways we hear they handled it making sure they have some of these methods:
 - dialogue
 - conversations
 - talking it out
 - standing up for something/someone,
 - trusting each other
 - encouraging,
 - supporting,
 - demonstrating peacefully
 - letter writing to local papers
 - contacting alums
 - vigils
 - forming delegations to address administration
 - calling for a meeting etc.

❖ A WORD ON NON-VERBAL COMMUNICATION

~ **Depending on the situation, it can escalate conflict and violence AND it can also be used to calm a situation**

~ Examples:

- facial expressions
- posture
- eye contact
- leaning forward
- nodding
- open body posture
- hand gestures
- showing empathy
- appropriate encouragers (un-un, oh, no, ok, yeah)
- other

❖ Handout:

~ Hints for dealing with conflict 1-on-1

❖ Evaluation

~ **What were new learnings?**

~ **What would you have liked more time to learn about and/or discuss?**

❖ Closing