

TEN ACTIONS YOU AND I CAN TAKE (to create nonviolent ways of living)

- 1. Become a student of nonviolence.** Participate in activities sponsored by groups that are working to create a nonviolent culture.
 - On October 3rd at 7pm in Forum Hall, go to the presentation by Michael Kimmel. He is a sociologist and author recognized for his work on men and masculinity. Kimmel is also the National Spokesperson for the National Organization for Men Against Sexism (NOMAS). He will give a presentation titled, “Mars, Venus, or Planet Earth? Men and Women in the New Millennium.” Contact the Women’s Center for more information.
 - Spring semester go to the nonviolence film series that will be offered over the lunch hour
 - Visit the Campaign For Nonviolence website for upcoming events, and to learn more about what the Campaign for nonviolence is doing. Go to: ksu.edu/nonviolence
- 2. Join one of the campus or community groups that creates and supports a nonviolent culture.**
 - Get involved with one of the organizations that are represented here today. They all welcome your involvement. They include: SHAPE (sexual Health Awareness Peer Educators), Leadership Studies, Manhattan Alliance for Peace and Justice, School of Family Studies and Human Services, the Social Work Organization, the University For Man Community Learning Center, The Women’s Center, PEERS, Women’s Studies, Office of Student Life, the Regional AIDS Project, The Crisis Center, the Family Center, Queer Straight Alliance, Amnesty International, and Ordinary Women
- 3. Demand Safety in public places, in residence halls, and at work:**
 - Stop fights and End name-calling;
 - STEP FORWARD to speak against, harassment and discrimination
 - HELP FIGURE out interventions.
 - KNOW WHEN not to laugh at racial, gender-based or sexual orientation jokes and slurs.
- 4. PREVENT And END sexual assault of women, and WORK to END date rape.**
 - Become a peer educator and sign up for the new academic course, PEERS, “Proactive Educators For the Elimination of Rape and Sexual Violence,” and receive training in educating others about rape and sexual violence.
 - Request a presentation for your group or organization from PEERS
 - Call the Women’s Center at 532-6444 with any questions or concerns that you may have.
- 5. SPEAK, WITNESS and TESTIFY, and END the silence about violence in our society.**
 - Tell us when violence happens, and HELP us FIGURE OUT how to end it.
 - Talk about, even debate the issue of violence and nonviolent alternatives...do this with friends, in your churches, in your homes. Making the invisible more visible helps us change.
- 6. ASK your teachers, administrators, co-workers, class mates, and friends to work for nonviolence TODAY...,**
 - ASK them how they plan to do it, and (later) what progress they’re making;
 - ASK these and other opinion leaders to state their expectations for a nonviolent university and community.
- 7. REACH OUT to members of all cultural and social groups, and BE inclusive**
 - Go to the International Student Center and find out how you can become an English conversation partner with a student from another country. Share your life and learn about theirs.
 - WORK to end prejudice and bigotry of all kinds
 - LOVE and cultivate our common human potential
- 8. Take a conflict resolution course, and BRING a friend.**
 - PICK-up one of the blue STEPS TO RESOLVE CONFLICT cards from the Campaign For Nonviolence table.
 - Read more about these issues and practice skills for effective conflict resolution.

9. **Participate in KSU's Season for Nonviolence THIS JANUARY through April and practice the 64 WAYS to practice nonviolence.**
 - Pick-up a free poster today from the Campaign For Nonviolence table of the 64 ways to practice nonviolence and put it up in your home, room or office.
 - Check the Campaign For Nonviolence website and posted flyers for Campaign For Nonviolence events.

10. **Work with others to create peaceful ways to live, work, and learn together**
 - And TEACH us how we can create an open university that helps all of us grow.
 - Realize that violence DOES affect you! And that Nonviolence starts with me!

Answers to questions about the KSU Campaign for Nonviolence:

What is the idea behind the program, and who is the target?

Consistent with the view of KSU as a Community as voiced in its Kansas State Principles of Community (see http://www.ksu.edu/nonviolence/Documents/Principles_of_Community.htm), The Campaign for Nonviolence (CNV) is attempting to address the whole continuum of violence in a manner that may be unique for a university campus - we are working to end violence by teaching nonviolence. We are developing and adapting "ways to practice nonviolence" that will help us get beyond the traditional either/or "fight or flight" response and learn to see violence on a continuum that we can learn to manage -- from silence and withholding information to insults and threats, to harassment, discrimination and bullying, to assault.

The K-State Campaign for Nonviolence is a large and growing affiliation of women and men across campus and the community who share the realization that "nonviolence begins with me." We are working as allies to make our campus a safer and more equitable place to work and study. Our target is the campus and the local community because these entities are integrally connected by overlapping members and concerns.

The Campaign for Nonviolence was formed after student services agencies on campus expressed concern that our work traditionally has been restricted to "cleaning up the mess" caused by date rape and other forms of violence after the fact. Recognizing that our thinking about violence on this campus has evolved since the start of our Women's Center in 1973, we have begun to look at sexual assault, other crimes against women, and violence in general in a broader cultural context. In effect, the Campaign for Nonviolence was created with the view that if WE (whether it is the society as a whole or our campus and local community) are serious about reducing violence, including violence against women, we need to find ways to "get ahead" of violence. Instead of teaching women to be more safe and asking women to take all the responsibility for ending violence, we need look below the surface and attend to the behaviors of perpetrators and the culturally ingrained beliefs that lead to violence. We need to challenge traditional attitudes about the value of women, about male entitlement and the definition of masculinity; and we need to begin teaching better ways to handle conflict.

What does the program wish to achieve and how does the program plan on achieving it?

With her permission, I quote Susan Allen who is on our CNV Leadership Team and who has written quite eloquently about our goals/plans:

"We are learning to look to one another to be part of the solution to the endemic problems and to empower individuals-together with the ability to respond. We will know when we are making a difference in this local re-balancing act in ways beyond a lower crime rate which will take awhile. We will see less winking and turning a blind eye to the precursors to violence; less denial that date rape occurs; less willed naiveté about who is perpetuating most of the violence; more authority figures and opinion leaders speaking out against violence and for nonviolent "community principles" by standing with us and declaring that "nonviolence begins with me,"; more nonviolence and peace studies content integrated into academic subject matter; more non-traditional

people hired in more well-paying and powerful positions; more economic parity; compliance with re-balancing policies like affirmative action and Title IX; and, eventually, we will hear fewer harassment and discrimination complaints, see lower crime statistics; and find more people wanting to work and study in our "safe and fair" community.

For some specifics about how we are doing this, here is a listing of our activities:

- (1) Our annual Rally held each Fall is about awareness and solidarity. It is crucial that authority figures stand with the CNV, say outloud that 'nonviolence begins with me' and that KSU EXPECTS nonviolence behavior from students, faculty, staff, administration. That we recognize "violence" occurs on a continuum and all of us together can address the precursors of violence, like harassment, discrimination, etc.
- (2) On October 3 Michael Kimmel, nationally recognized sociologist and leader in the new men and masculinity movement, will speak at K-State about re-defining men and women in the new millennium. Featuring a man talking to men is one strategy being used by the CNV to switch our perceptions about rape in particular on a college campus and violence in general from being a woman's problem that can be addressed only individually, thru therapy and police work; to being a community problem that can be addressed using public health methodology as well as tactics and tools of the nonviolence movement.
- (3) Organizing The Season for Nonviolence each Spring: The Season is about awareness but also about beginning to give people actual "Ways" to practice nonviolence, begin to incorporate its concepts and practices into their own live, into the life of the community and connect with the whole global movement. Such "Season" activities are occurring in many cities now. KSU has had requests from other places in Kansas to help them plan a Season for this year. This is a huge accomplishment for only being one year old.
- (4) Susan Allen, Director of the KSU Women's Center and a key member of the CNV Leadership team, has sought and gained approval from the academic side of the university to develop our first Nonviolence Studies class. This will be an introductory class and we hope it will be class #1 of a new minor or certificate at KSU. Our strong belief is that the academic side of the university must be an integral part of the CNV if we are to be sustainable. So far, so good. We have representation from throughout the university on the CNV committee. We are strategizing ways to integrate NV materials into existing curricula as well as ways to set up a United Way type system for placing one CNV facilitator in each department, office, living group, etc on the campus who will act as liaison. We then will provide our CNV facilitators with a catalogue of "ways" to integrate NV ideas, training, etc adapted for each particular setting and somehow get the powers that be to require at least one NV training or speaker or action each semester. This will systemize the CNV work and spread it throughout the university.
- (5) We are connected with a community-wide "Stop the Violence" network, funded through the KS Atty General's Office and are working together of projects to take nonviolence (NV) tactics and tools into the community and the public schools. Last year we had our first NV Film Series. Films were shown both on campus and in the public library. We are working with the local free university (UFM) on a mentormentoring program. We helped the KSU Leadership Studies program begin a mentoring exchange between KSU and area girls. We advertise our speakers throughout the community. With the help of co-sponsors/donors, we will buy ads in the local paper to display the "64 Ways" ads. Last year the ads were placed, one a day for 64 days in the campus newspaper (see the list of "64 ways" to practice NV as used for ads Feb-Apr 2002 at <http://www.ksu.edu/nonviolence/Season/64ways.html>).
- (6) In the background we are working on various "crisis" committees within the university to add proactive nonviolence strategies to existing efforts to deal with violence. At least initially this means trying to create an atmosphere for collaboration and simply making (mostly) male heads of committees aware that violence is a community problem that can be addressed as a community health issue. We are trying to teach them that we need to get ahead of the violence and to do that we need to deal with violence in the context of the surrounding culture.

What difference has the program made on the Kansas State University's campus?

You can see by our energy and extensive involvement that we have organized the community members from all groups: students, faculty and staff, university administrators and local community. There is a growing energy on campus about these issues. However, we are too new as an organization to have "numbers" to show. We have applied for a grant from the Department of Justice Violence Against Women on Campus program and hope to hear about the status of that application this September. Part of that grant would include an evaluation component which would help us assess our success.

What people, organizations, faculty, administrators and funding are needed to implement this program?

The Campaign for Nonviolence is a large campus-wide committee operating with support from the KSU Administration and minimal financial support for its projects. The Chairperson is able to allocate 4 hours per week from regular work hours to this project and volunteers many additional hours; all of our members donate their time and energy to this cause. Donations for projects sustain us at this time as we write grants and wait for possible grant money to further implement our plans.

Who would I contact with questions about the Campaign?

The current Chair for the Campaign for Nonviolence is Dorinda J. Lambert, Ph.D. who can be reached at nonviolence@ksu.edu or can be phoned at her office as Associate Director, KSU Counseling Services at 785-532-6927.