Kansas State University launched an undergraduate certificate in nonviolence studies, which identifies the ways students can help change both the local and global conditions that potentially lead to violence.

The 15-credit-hour program provides students with nonviolence strategies, tactics, and tools for changing their environment, relationships, and themselves for the better.

“All people—no matter their career—will interact with others,” said Susan Allen, Emerita Director of Nonviolence Education at K-State. “Nonviolence studies is about problem solving in ways that can help us achieve healthy, sustainable relationships. It is a way to fight back—but with smarter tools.”

The program teaches students how to resolve conflict systematically and without violence. Allen says that while many university courses teach the fallout from violence, such as its history, social problems, therapy, and criminal justice, the nonviolence studies certificate program focuses on getting ahead of the violence.

The program also sheds light on the psychology behind why people care about human rights, human wrongs, and social justice.

“Most of us associate nonviolence with famous people like Mahatma Gandhi and drastic circumstances like the U.S. civil rights movement or the Arab Spring,” said Allen. “Nonviolence is something practical that all of us can learn to practice every day.”

She says the nonviolence studies undergraduate certificate and online courses in the program can be a helpful addition to students in any major or profession.

The program’s capstone course, Applied Nonviolence, provides an analytical, project-centered experience that guides students as they design, organize, and carry out nonviolence-related projects in their own school, workplace, or community.

“We have a relationship with our community, the world, the environment, and even our self,” said Allen. “All of these are relationship systems that need to make and maintain healthy balance to survive. Nonviolence is the best method to achieve that.”

Gathering at a peace pole near UFM Community Learning Center, donated by Susan Allen through the Campaign for Nonviolence.