

## **Introduction to Nonviolence Studies: Do Nonviolence, Be the Change**

DAS 355 - Spring 2009

2:30 - 5:30 p.m. -- Seaton 132

Susan L. Allen, instructor

Office Hours: Tuesdays 9:00-11:30/1:30-4:00, Holton Hall 206, 785-532-6444

### **Required Texts:**

-- (1) Nonviolence: Twenty-Five Lessons from the History of a Dangerous Idea, A Modern Library Chronicles Book (2006), Mark Kurlansky. (Ordering online is cheapest)

-- One additional nonviolence text - choose in class & borrow from me or library

-- Chapters and articles as assigned each week

### **Assignments:**

\* Apply NV to an issue of interest to you - a relationship, an injustice; an issue related to your major: poverty, fair trade, war, the environment, etc. Write a 5+-page paper that we will discuss in class after spring break. More detail to come.

\* Write a review of your extra book - to share in class if time or by email if no time. There are too many important books available to cover them all so you are reading and reviewing the book the rest of the class. Be thorough but brief.

\* Participate in class; plus write a weekly reaction email - tell me your thoughts about the topic of the week or other nonviolence event you have attended -- ([slallen@ksu.edu](mailto:slallen@ksu.edu)). This email conversation is one of the best ways for us to interact - so do it!

\* Participate in Season for Nonviolence events - a calendar will be handed out on the first day of class. Choose at least three events to attend; plus, help raise funds at a 'tabling event' for the K-State/Heifer Project. We're going to buy/give a cow to a family in need.

\* Attend one or more of each: Noontime Yoga (noon,daily in Ahearn) or Evening Meditation, 5:30 following class. (You may attend a similar class at the Rec or through UFM)

\* Honors students, select 1 or 2: (1) Create an "ABC's of Nonviolence" -- think of a relevant NV concept - from class or readings - that begins with each letter of the alphabet. Use this form: Nonviolence is "Awareness" of...; Nonviolence is Speaking truth to power... ETC. Write one or two paragraphs or find a quote explaining how concept connects to nonviolence. You can work together on this if you'd like. Also, all of you can do this! It will be fun. (2) Create a video, audio or short written piece for YouTube, for the local radio station, or to submit for publication to a local newspaper on any aspect of this class, about nonviolence - about an issue of concern to you. The aim is to show how a nonviolent action

could help correct the course of a dysfunctional system and move it toward health.

**Grading:**

In true NV fashion, all students begin with an A. Show up, do the assignments and you keep the A. Miss one class with no penalty; each additional absence reduces your grade by one letter; a missed assignment reduces one letter each. Message: as Woody Allen says, “80% of life is showing up.”

**Class sessions** are organized around levels of human relationships -- from you at the center of a concentric circle, out to the world and back: intrapersonal (your relationship with your Self); interpersonal (your personal relationships); family/school/community; global; our relationship with the environment; our relationship with the universe.

\_\_\_ January 19 = MLK Holiday -- No class. Unfortunately this is our first class day, but there will be ample time to make up for the missed opportunity by participating in Season for Nonviolence activities.

\_\_\_ January 26 -- General introductions and discussion: What is Nonviolence? Why should we care about social justice? Students select a second text for your report. Watch film, “A Force More Powerful” - segments on U.S. Civil Rights Movement, Mahatma Gandhi, Solidarity Movement. (We will either take an in-class personality inventory or take one home for next week’s class.)

Assignments: (1) Knowing yourself comes first: you will be assigned one or two personality and/or interest inventories to take (probably online) during the week; bring your results to class on 2/2 for discussion; (2) Write your first email reaction to me -- about this first class (*continue doing these reaction emails immediately following ALL classes and events*). Start reading *The Twenty-Five Lessons texts*.

\_\_\_ February 2 -- *Intrapersonal Nonviolence* -- guest speaker(s) will discuss personality inventories and why nonviolence is important to our own mind and body as well as to our relationships.

Assignment: Read “Organic Balance” article. Please get involved with Season for NV events. Read “Connecting the Dots,” if possible, before Rhonda’s talk 2/9.

**SEASON EVENT:** See me about volunteering to “table” for the Heifer Project on January 30 or February 6. Or, plan a Table in your own favorite campus building.

\_\_\_ February 9 -- Discuss “Organic Balance “ article and Every Day Nonviolence methodology. Select extra book or other media, etc. to review for class. More NV videos. Go to the speaker tonight!

Assignments: (1) Always, do a reaction email; (2) Assigned reading to prepare for 2/16 speaker on Interpersonal Nonviolence/Nonviolent Communication

**SEASON EVENT TONIGHT:** Season for Nonviolence Keynote address: Dr. Rhonda Janke, "Connecting the Dots at K-State: Agriculture, Nonviolence and Sustainability," Union Little Theater, February 9, 7:00 pm

**SEASON EVENT:** "Favorite Food Books," a fun discussion of some popular food systems, sustainability books, Feb. 10, 7:00 p.m., Manhattan Public Library

\_\_\_ February 16 -- *Interpersonal Nonviolence* -- guest speaker: Nonviolent Communication training and techniques

\_\_\_ February 23 -- *Community Nonviolence* -- SAFEZONE Introductory Training.

**SEASON EVENT:** Another Heifer Project fund raising opportunity, March 6. See me to volunteer.

\_\_\_ March 2 -- *Community Nonviolence* -- guest speakers -- local activists who are doing social justice, nonviolence work. If time, a short film about nonviolent actions in various world communities.

Assignment: Think of a nonviolence, peace or related slogan for a sign you will make during the next class. We will carry your signs as part of the Nonviolence entry for the St. Pat's Day Parade on Saturday, March 21. Signs are not "protest signs," per se; they should offer a positive way to practice nonviolence: "if you want peace, work for justice," etc.

\_\_\_ March 9 -- *Community Nonviolence* -- Make signs in class for the parade. Discuss textbooks. Listen to peace music. If time watch Michael Franti's film, "I Know I'm Not Alone" about Iraq.

**SEASON EVENT TONIGHT:** "Vegetarian or Carnivore? Wait - There's more," Union Little Theater, March. 9, 7 p.m.

## **Spring Break**

**SEASON EVENT:** "Whirled Peas for World Peace," Nonviolence entry in the Manhattan St. Patrick's Day Parade, March 21, 11:00 a.m. city park.

\_\_\_ March 23 -- *Global Nonviolence* -- K-State overseas nonviolence-related opportunities. Meet K-State students and faculty who have worked on projects abroad - including Fair Trade and Community Service. If time visit the International TV at the CNV/WC/SZ kiosk in the Union. Learn about media/internet/satellite links to the world.

**SEASON EVENT:** "Black Gold," a film about fair trade coffee, Hale Hemisphere Room, March 26, 7:00 p.m.

\_\_\_ March 30 -- *Environmental Nonviolence*. Guest speakers involved with local sustainability projects.

**SEASON EVENT:** Local Food Fair, Saturday, April 4, 11:00 - 2:00 pm Longs Park. Area sustainable growers and producers will show off their stuff.

\_\_\_ April 6 -- *Spiritual Nonviolence*. Guest speakers will talk about meditation; mind-body connection; we will learn some x-cultural comparisons of basic beliefs like the golden rule, for example

\_\_\_ April 13 -- Psychological/social aspects of nonviolence. Do we live in a "Culture of Violence"? Why is nonviolence important in the world today?

\_\_\_ April 20 -- Review; discuss issues of interest; begin student presentations

\_\_\_ April 27 -- Student presentations: reports and projects

\_\_\_ May 4 -- Student presentations. "ABC's of Nonviolence" discussion.

**Extra Added Events:** Highway #177 clean up - we will organize a litter clean-up crew in April or May; Empty Bowls project at the end of April; Date with Hate the morning of K-State UG Graduation