

Welcome to our NewsBLOG

The purpose of the newsletter is to create a kind of hard-copy "blog" for those of us working on projects affiliated with the K-State Campaign for Nonviolence and the new community campaign, CCNV.

This is not a complete list but some of the projects associated with the CNV/CCNV or that share a nonviolent, social justice mission are:

SafeZone, Season for Nonviolence, Noontime Yoga, Movies on the Grass, Date with Hate, Empty Bowls, CNV/SZ Kiosk in the K-State Student Union, and the new International News TV at the Kiosk.

We also work with a growing number of activist student groups. For example: Wildcats Against Rape (W.A.R.), ACTION (CNV student group); PROCO (progressive student coalition), KAPJ (K-State students for peace and justice associated with MAPJ).

Happily, this isn't even all of the projects and groups committed to building a culture of nonviolence in our community--and new ones begin each year. For example, an introduction to meditation practices begins



this semester Monday 5:15 to 6 p.m. in the UFM house. See the webpage for information about all these activities. Use the activist calendar!

Our hope is that this NewsBlog will give us a way to share information and create community.

ALL of you are encouraged to contribute. Submit items or ideas to: nonviolence@ksu.edu

NONVIOLENT Action #1: Add Activist Calendar Icon to Your Web page

Let's stop planning events on the same day!
 Coordinate by posting events on one umbrella
 calendar!

Check out the Manhattan, Kansas Activist Calendar:
 (download an icon/link to your group's web page)
[http://freecal.brownbears.com/
 ManhattanActivismCalendar](http://freecal.brownbears.com/ManhattanActivismCalendar)

Every Day Nonviolence

September 2007

Safe Zone is...

K-State students, faculty and staff want to provide a safe and equitable environment for every member of our community. The SAFEZONE program (Students, Administrators and Faculty for Equality) was created to easily identify and train persons, programs, and services who will make a commitment to enhancing the quality of the K-State environment.

Aim: The purpose of the SAFE ZONE program is to provide campus "safe zones" where individuals affected by homophobia, sexual violence and other kinds of hateful acts can safely go for support and assistance.

Friendly Face: We don't ask allies to become therapists; rather we help them understand the nature of the problems faced by citizens of our community; we teach listening skills; and we provide them with current resources. And we have some fun along the way.

Easy Access to Help: By placing the SAFE ZONE symbol on their office door, desk, or backpack, SAFE ZONE allies signify that their space is a safe place to talk about issues which impact people who have been affected by any criminal or distressing situation.

SPONSORS: The Campaign for Nonviolence (CNV/CCNV) in conjunction with the Women's Center, the Queer-Straight Alliance, the Office of Student Life, the Counseling Services, the Office of Affirmative Action and the KSU Faculty/Staff GLBT Group.

Training: We offer introductory and advanced training for K-State students, faculty and staff several times each semester. To date, we have trained over 450 SafeZone allies on the K-State campus and this year we helped the local High School start as Safezone program. Individuals who are interested in becoming SAFEZONE allies or starting a program in another setting can call 532-6444 or .go to www.ksu.edu/womenscenter and click on SafeZone.

New Faces, Places, Jobs

To help manage the growing array of non-violence projects in our community, several changes have occurred at K-State. Susan Allen, director of the K-State Women's Center since 1996, was appointed Director for Non-violence Education. Mary Todd, advocate and assistant director for the past five years, was promoted to Director of the K-State Women's Center. Dori Lambert, clinical director of K-State's Counseling Services and chair for the K-State Campaign for Nonviolence, has taken the reins of K-State's SafeZone program. We have a half-time position open now for a graduate student Social Justice Projects Coordinator.

What that means to K-State and to the community is more nonviolence education projects. And, as we are volunteer driven, it means more opportunities to be involved.

To facilitate that:

The new Nonviolence Education program, CNV and a new Community Campaign for Nonviolence (CCNV), and the Social Justice Projects Coordinator have a new office in the UFM House with easy access. Thanks to Linda Teener and the UFM Board we are using an office next to the Multi-Purpose room just inside the alley door of UFM.

In the mornings, NV Education, Women's Center, W.A.R. (Wildcats Against Rape), CNV and its student group, ACTION share the office.

In the afternoons, campus and area progressive groups will use the office. The idea is to link a student group with a parallel community group so bridges can be built and non-violence/social justice projects undertaken collaboratively.

Mondays: a new network of progressive ministers (mostly from historical "peace churches") will share the office and collaborate on community/campus projects. For example, they will sponsor a new Meditation Practices

Every Day Nonviolence

Ways to Practice Nonviolence, Every Day

Every Day Nonviolence

session this fall: Mondays between 5 and 6 p.m. Tuesday: K-State Alliance for Peace and Justice (KAPJ and MAPJ. Wednesdays: Campus and off-campus SafeZone projects Thursdays: Progressive Student Coalition (PROCO) which includes several groups such as Students for Environmental Action and Amnesty International. Fridays: Queer Straight Alliance (QSA), Flint Hills Human Rights Coalition and community Pflag, have been invited to use the space.

We are doing the paperwork to establish the Community Campaign for Nonviolence, Inc. (CCNV) as a counterpart to the K-State Campaign for Nonviolence. Anyone interested in being involved - call us.

K-State Arts & Sciences Approves 15-Hour Nonviolence Studies Certificate
An added piece of good nonviolence news is that on June 12 the K-State Faculty Senate approved a 15-hour Nonviolence Studies Certificate Program. It will be housed in the general education of the College of Arts & Sciences, making it available to all undergraduate students. This formalizes the Introduction to NVS and Applied NVS classes several of us - including Charlie Perkins (retired psychology professor), Cia Verschelden (Office of Assessment), Torry Dickinson (Women's Studies), Jacque Gibbons (Social Work), Dori Lambert, and Susan Allen - have been teaching since 2003.

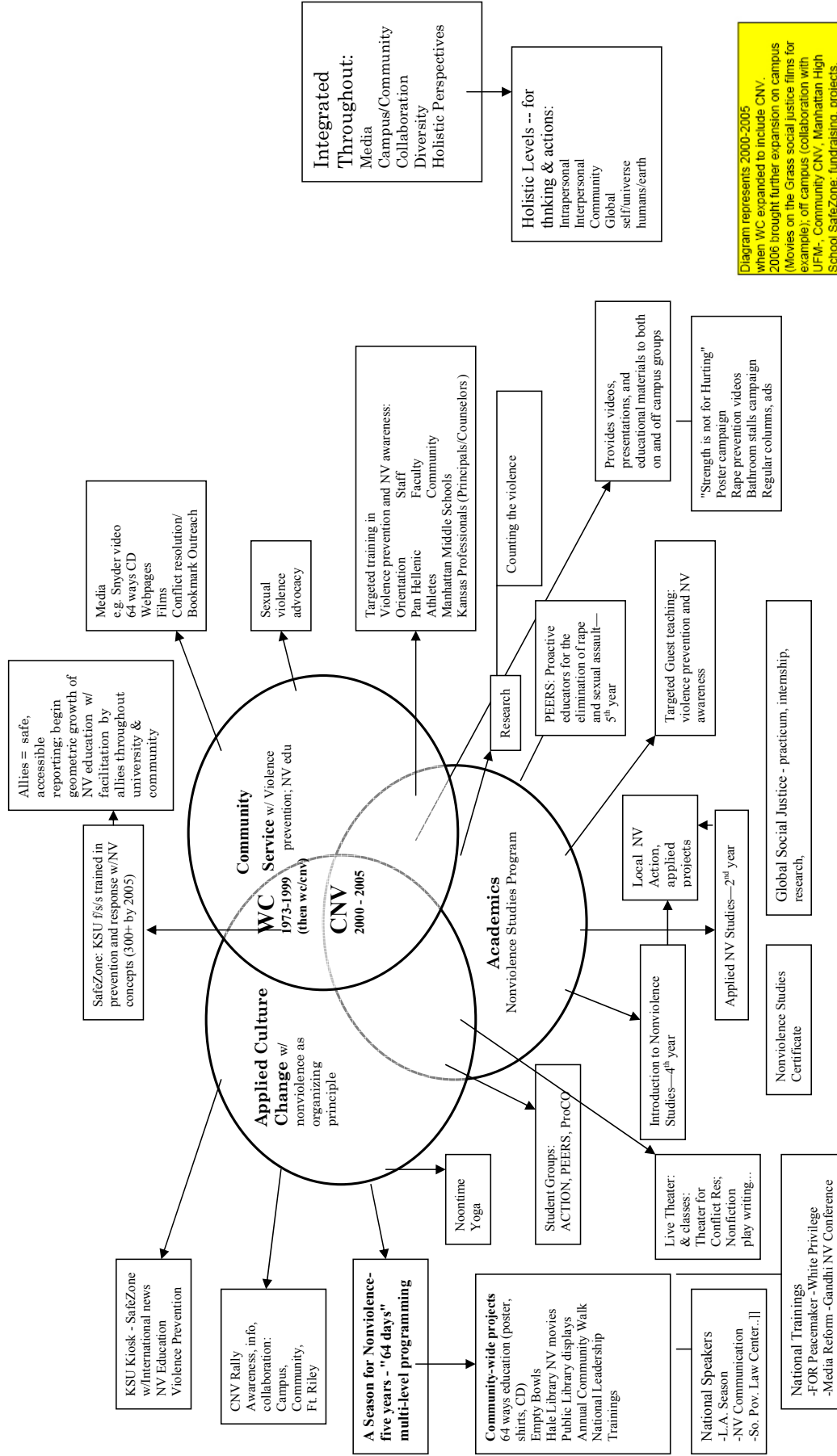
We will offer a "way" or two to practice nonviolence in each Blog. If you are familiar with a good nonviolence method, please tell us about it!

10 Tips To Promote Verbal Nonviolence

1. Spend some time each day quietly reflecting on how you would like to relate to yourself and others.
2. Remember that all human beings have the same needs.
3. Check your intentions to see if you are as interested in others getting their needs met as you are in meeting your own.
4. Before asking someone to do something, check to see if you are making a request or a demand.
5. Instead of saying what you don't want someone to do, say what you do want the person to do.
6. Instead of saying what you want someone to be, say what action you'd like that person to take.
7. Before agreeing or disagreeing with anyone's opinions, try to tune in to what the person is feeling and needing.
8. Instead of saying "no," look at what need of yours prevents you from saying "yes."
9. If you are feeling upset, think about what need of yours is not being met. What could you do to meet it, rather than thinking about what's wrong with others or yourself?
10. Instead of praising someone who does something you like, express your gratitude by telling the person what need of yours that action meets.

Nonviolent Communication, Marshall B. Rosenberg, 2003

CAMPAIGN FOR NONVIOLENCE -- DESCRIPTION OF INITIAL FIVE-YEAR GROWTH



Every Day Nonviolence

Nonviolence Studies at Kansas State University

Why do we use the term "Nonviolence" at K-State?

We use the word "nonviolence" in our work at Kansas State as a way to say three main things:

- * citizens of this community want to live in a safe, fair environment;
- * we understand that the global nonviolence movement axiom, "if we want peace, we need to work for justice" translates locally, "if we want a safe campus (or dating relationship or any other relationship) we need to do the ongoing work of creating fair relationships at all levels;
- * and, furthermore, we are willing to step up to "be the change we wish to see in the world," every day.

Nonviolence is about culture change and involves changing our minds about how we attend to conflict. Like the nonviolence movement, in general, the Campaign for Nonviolence and other Nonviolence Education efforts at K-State work to change the organizational principle of this university FROM one where we ignore the little and big injustices, abuses of power and other precursors to violence and system breakdown; and move it TO one where we organize around the principle of "getting ahead of the violence"; where we "go upstream" and attend to the imbalances and precursors to violence so we can prevent it.

By inventing, adapting and applying non-violence strategies, tactics and tools, we can attend to conflict before the crisis instead of waiting for a crisis before we act. Keys to the practice of nonviolence include learning to see problems as imbalances within the context of whole systems; learning to recognize conflict patterns and identifying precursors to potential violence; and then talking about them in the open and managing them while they are at earlier stages in their development. Nonviolence methods and expectations help us create strategies and practical "ways" to practice nonviolence (i.e. create healthy balance) at the local, personal level as well as the global level.

Do we need a Nonviolence Movement at K-State?

One example: the U.S. Department of Justice statistics say 412 rapes occur on a campus the size of K-State in any given year. Advocates have no reason to think that not the case here.

For the sake of argument, let's pretend our community does not deny this startling statistic. Let's say 412 reports are made, 412 perpetrators are apprehended and sentenced, and that 412 lives are restored to health.

The question is ...What do we do next year - and the next? Do we follow custom and wait for the next 412 rapes to occur? Or... do we face the fact that violence happens; that both perpetrators and the victims are not aberrations but, rather that they are our brothers and neighbors and ourselves? Are we ready to see that safety and fairness are inextricably linked and that it is up to us to step up and amend the injustices before the violence?

The question that will determine the safety and wholeness of our lives in the 21st century is this: "can human beings change our collective mind about how we attend to violence and crisis?" Will we continue to react simplistically, with short-term Band-Aid fixes; or can we learn to reframe these seemingly individual acts of violence within the context of the whole system so we can work to end the cycle of violence?

The nonviolence movement in general works to help us change our minds about how we deal with violence in ourselves and our community. It's aim is to prevent violence by devising practical nonviolent ways and means to restore balance to an unhealthy, unjust relationship.

The "Every Day Nonviolence" we try to practice at K-State is a philosophy as well as a methodology for recognizing problems within the context of whole systems, identifying patterns and precursors, and then stepping up to attend to problems which, if corrected at an earlier stage in their development, can prevent a crisis. Problems do not appear from the clear blue sky; there always will be one or more interconnected precursors that will lead to violence if left unresolved. Nonviolence strategies, tactics and tools are designed to help us recognize and act on problems at earlier stages along the continuum of their development.

"Ways" to practice nonviolence are infinite because every situation is unique. Always, however, the goal is to apply nonviolent ways of bringing better balance to a dysfunctional system, hopefully before the crisis but afterwards, too, through conflict resolution and forms of nonviolent direct action. The means we use to address conflict will parallel the ends achieved so if we want a system/relationship to last, nonviolence is the only option.

Babysitting for a friend can be a nonviolent action. Cleaning up a stream is a nonviolent action. Working for economic opportunity for all citizens is a category full of potential nonviolent actions. Taking a nonviolent communication seminar with your partner is a nonviolent action. Learning yoga or long distance running for stress relief is a nonviolent action. Treating employees, students, family, and friends fairly is a nonviolent action.

Nonviolence tactics, tools and strategies are new to all of us because we all have been taught the black or white, you-are-with-me-or-against-me, model of problem solving. Nonviolence goes beyond traditional "prevention" efforts by asking average citizens to step up and take personal responsibility for our shared environment rather than waiting for the crisis and then leaving problems to professionals.

Our most famous nonviolence advocate, Mahatma Gandhi, said people "must be the change we wish to see in the world." By this, he meant we could no longer leave fairness and safety to the professionals; that if we want safety, we work for fairness; if we want peace we work for justice. Every Day.

Read More About It: www.ksu.edu/women-scencer/nonviolenceworks
(From "412 and Nonviolence," c Susan I. Allen 2006)

The Word Nonviolence

Every Day Nonviolence

Maybe it was the anti-war fervor of the Vietnam era that created bad feelings about “peace and nonviolence” movements. Whatever its cause, in order to have a successful Campaign for Nonviolence (CNV) on campus and viable new Community Campaign for Nonviolence (CCNV) in our community, it is important to acknowledge that some people are leery about the word “nonviolence.”

Part of the problem is no one knows for sure what “nonviolence” means... Will it offend military family and friends if I work on a CNV or CCNV project? Does it imply I oppose U.S. policies? Unfortunately, conversation about peace and war -- like all issues framed as “either/or” polarities -- use extreme language that makes us feel forced to choose between opposing camps.

In fact, one of the reason we’ve adopted nonviolence as a strategy to prevent violence is that an important goal of the nonviolence movement is to say there are alternatives between the extremes. Nonviolence seek a “third way,” which actually means any number of ways and means to proceed between or beyond extremes like fight or flight, active or passive, good or evil.

Nonviolence asks us to take a mental and even physical step back from the conflict so we can see the continuum of options between extremes and the spectrum of influences surrounding problems -- one or some of which will be precursors to violence. Then, the aim is to undertake nonviolent actions that will help avoid crisis and violence.

Another difficulty with the word “nonviolence” is that, in English, it appears only to be negative -- not violence, and/or against something rather than “for” something. Many people associate nonviolence with “passivity,” “pacifism”; they think it means being a coward or being opposed to defending ourselves from someone else’s violence.

To the contrary, nonviolent methods are not passive, they are active. They do not oppose protecting oneself, rather they invite citizens to stop waiting for the crisis and leaving (what is by then serious) conflict to professionals and, instead, to step up using nonviolent methods to help “be the change we wish to see in the world” while conflict is in a more manageable stage. Nonviolent methods often require great courage, as those who faced the tanks in Tinneman Square or the dogs in Selma can attest.

What nonviolence theory asks us to realize is that violence leads only to more violence and, therefore, never resolves the underlying problems that led to conflict. Thus, for practical, outcome-based reasons, alone, nonviolent methods are the only way to resolve conflict in ways make relationships (between spouses or countries) sustainable. Nonviolence theory argues further that nonviolence, as a way of responding to conflict, actually is a “force more powerful” than violence. (Allen, 2007)

(For more about this topic, go to www.ksu.edu/nonviolence)



[SafeZone Registration \(View training dates and register\)](#)

[View K-State Campus Map and location of Allies](#)

[SafeZone Allies on campus \(View SafeZone Directory\)](#)

[SafeZone Supporters and Resources](#)

[Campaign for Nonviolence](#)

K-State wants to provide a safe and equitable environment for every member of our community. The SAFE ZONE program (Students, Administrators and Faculty for Equality) was created to easily identify persons, programs, and services that have made a special commitment to enhancing the quality of the K-State environment.

PURPOSE:

The purpose of the SAFE ZONE program is to provide campus "safe zones" where individuals affected by homophobia, hateful acts, & sexual violence can safely go for support and assistance. By placing the SAFE ZONE symbol on their office door, desk, or backpack, SAFE ZONE allies signify that their space is a safe place to talk about issues which impact people who have been affected by any type of hateful or homophobic act, or who have been affected by sexual violence, sexual harassment, or any criminal or distressing situation.

SPONSORS:

The Campaign for Nonviolence (CNV) in conjunction with the Women's Center, the Queer-Straight Alliance, the Office of Student Life, the Counseling Services, the Office of Affirmative Action and the KSU Faculty/Staff GLBT Group offer training for individuals who are interested in becoming SAFE ZONE allies.

TRAINING/INFORMATION:

To view training dates and to register click on Safe Zone Registration

