

412 on a campus the size of K-STATE, 412 rapes occur each year.

NO MORE WAITING FOR THIS CRISIS TO HAPPEN.

Learn about programs like SafeZone, CNV and others at: www.ksu.edu/nonviolence

Nonviolence education programs are being developed at K-State to get ahead of this crisis by creating a safe, equitable community.

Be the Change
You wish to see in the world

Much has been accomplished. Much more can be accomplished, but we need your help.

Any donation toward these programs helps tremendously. For information about the "Be the Change for Nonviolence Education Fund," contact the KSU Foundation.

Want Peace? Work for Justice.
Want a safe community? Work for fair relationships.

For more information:
Dr. Susan L. Allen
Director of Nonviolence Education
(785)532-5343
www.ksu.edu/nonviolence

NOTE:
Do you wonder if its possible that "412" could possibly be an accurate number in this relatively safe, Midwestern community? We're sad to say it is. 412 is the number of rapes estimated to occur on a typical campus the size of KSU each and every year. (U.S.Dept. of Justice, <http://www.ncjrs.org/pdffiles1/nij/182369.pdf>). If you can contribute even 5% of your annual K-State giving to our new "Be the Change for Nonviolence Education Fund" (C17105) -- together we can make this a safe, equitable community for everyone.

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"Illiterate" quote, David Allan in Coleman McCarthy, 2000; "Be the Change" quote, Mohandas K. Gandhi

Nonviolence Education

Kansas State University

Be the Change
You wish to see in the world

Why are people violent but not illiterate?
We have been taught to read.

What better place than a university campus to demonstrate that it's possible to move our community and world from a "culture of violence," where we accept violence as normal, and toward a "culture of nonviolence," where we organize to get ahead of and preempt the violence? In 2000 K-State began creating nonviolence education programs to show that we can learn to practice nonviolence in our daily lives.

Preventing Violence by Promoting Nonviolence

What do learning nonviolent communications skills, yoga classes, an international news television in the K-State Union, cleaning litter from KS Highway #177, making and filling “empty bowls” for a local hunger project, shielding graduates and families from Topeka’s Phelps clan in a “Date with Hate” and a “Run Against Rape” event have in common?

They are a few of the ways K-State students, faculty and community members are acting to bring healthy, dynamic balance to their relationships, large and small. They also represent various projects of the Campaign for Nonviolence, Women’s Center and other Nonviolence Education programs at Kansas State University.

There seem to be a never-ending supply of conflict in our lives that, traditionally, we focus on after the crisis and violence have begun. Nonviolence education teaches us to address the complex sources of conflict before it becomes so serious. Maybe it is a fail safe mechanism build into the human brain like catching ourselves before a fall or maybe it is a miracle but, as fortune would have it, just as human beings are nearing system breakdown on all levels of our lives, from stress to divorce to economic collapse and global warming, holistic perspectives and awareness of nonviolent problem solving methods are becoming available.

Nonviolence education helps us STEP BACK, to conceptualize conflict within the layers of systems that surround them; begin to see connections and identify patterns and precursors much earlier in the development of problem; and then asks us to STEP UP, to devise nonviolent “ways” to correct the course of imbalanced relationships (which we see as injustice, abuse of power, disease and dis-ease) before the crisis and violence. Both human history and all of the patterns in nature show us that violence leads only to more violence and that nonviolent interactions are the only to make our relationships sustainable.

Local nonviolence education projects address problems at all level of interaction, from our self to our environment. For example, yoga helps us find better balance within our self. There are many ways to attain healthy equilibrium but yoga is something practical and fun, that we can do every day. Watching news and views from the perspective of other cultures makes it possible to understand the interconnected world in which we live and thus helps develop empathy and bring harmony to our world. Practicing good conservation is one way to move our shared environment toward sustainability. Learning the ABC’s of nonviolent communication is key to equitable and therefore safe interpersonal relationships.

K-State’s nonviolence education programs are based on an anthropological or holistic definition of nonviolence” developed by Dr. Susan L. Allen, director of Nonviolence Education at K-State. Her previous job -- addressing endemic problems of rape and other violence on our campus as director of the Women’s Center -- combined with her background in the whole-systems perspectives of anthropology led Allen to develop

Nonviolence Education Wish List

1. We have many requests for SafeZone trainings from campus and off-campus groups and for help starting new SZ programs in other communities -
*We need funds for trainers and a coordinator
2. We have created excellent nonviolence materials but we need more (for example, our “Bill Snyder Win-Win” TV video cost \$1000)
*We need funds for design, development, printing, etc
*We need funds for public education, videos, media fees for ad space and air-time
3. We have a new Nonviolence Studies Certificate Program available from the College of Arts & Sciences -
*We need funds for faculty salaries; a Chair in NVS; a named NVS Department or Program
4. We do applied nonviolence and violence prevention work as well as academic programs and for this we need coordination -
*We need funds for an office, operational expenses and an administrative assistant/projects coordinator
5. There are new resources available to broaden our programs and teaching
*We need funds for films, speaker fees, and travel

Nonviolence Studies Certificate Program You. Kansas State University. The World.

Ever wonder how you can change the conditions that engender violence?

Do you think there must be a better way to resolve conflict than ...bullying? ...abusing power? ...war? ...violence?

Do you wonder why people care about...human rights? ...human wrongs? ...social justice?

Do you want to learn to change for the better ...the world ...the environment ...your relationships ...your Self

Nonviolence strategies, tactics & tools help us resolve problems nonviolently.

**Introduction to Nonviolence Studies,
Applied Nonviolence Studies & Many Electives
College of Arts & Sciences - 3 hours each/15 hours Certificate
Open to all majors and departments. Ask your advisor!
www.ksu.edu/nonviolence**

The Word “Nonviolence” and Resistance to it

It may have been the anti-war fervor of the Vietnam era or even the polarized “red-blue” era in which we live, but something has created bad feelings about “peace and nonviolence” movements. Whatever its cause, in order to have a successful Campaign for Nonviolence or nonviolence movement, in general, 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 NV project? Does it imply I oppose U.S. policy? Dare I question the status quo? Unfortunately, conversations about peace and war -- like all issues framed as polarities (love/hate, good/evil) -- use extreme language that can make us feel forced to choose between two opposing camps.

In fact, a underlying reason to adopt nonviolence as a strategy to prevent violence is that a primary goal of the nonviolence movement is to create a “third way” to resolve conflict, which actually means the 358 degrees of ways to proceed beyond the two-degrees of either fight or flight, active or passive, ‘my way or the highway.’ Nonviolence shows there always are feasible alternatives and ways to begin correcting course.

Another difficulty with the word “nonviolence” is that, in English, it appears to mean simply “not” violence rather than doing something to prevent violence; and it seems to be against something rather than “for” something. People therefore mistakenly associate nonviolence with passivity. They may think it means being cowardly. To the contrary, however, nonviolent methods are not passive; they are active. They do not oppose protecting oneself; indeed, they ask us to stop waiting for crisis and abdicating what by then is serious conflict to professionals (who arrive after the fact -- “a day late and a dollar short”). Nonviolence shows us the importance of “correcting the course” of a relationship while the imbalance is at a more manageable stage and while we have more options. Thus, it empowers us to “be the change we wish to see in the world,” as the practical peacemaker Mahatma Gandhi urged. Nonviolent methods certainly demand courage, as those who faced the tanks in Tiananmen Square and the dogs in Selma can attest -- and by NV proponents who, today, stand up and speak truth to a playground, boardroom, or bedroom bully.

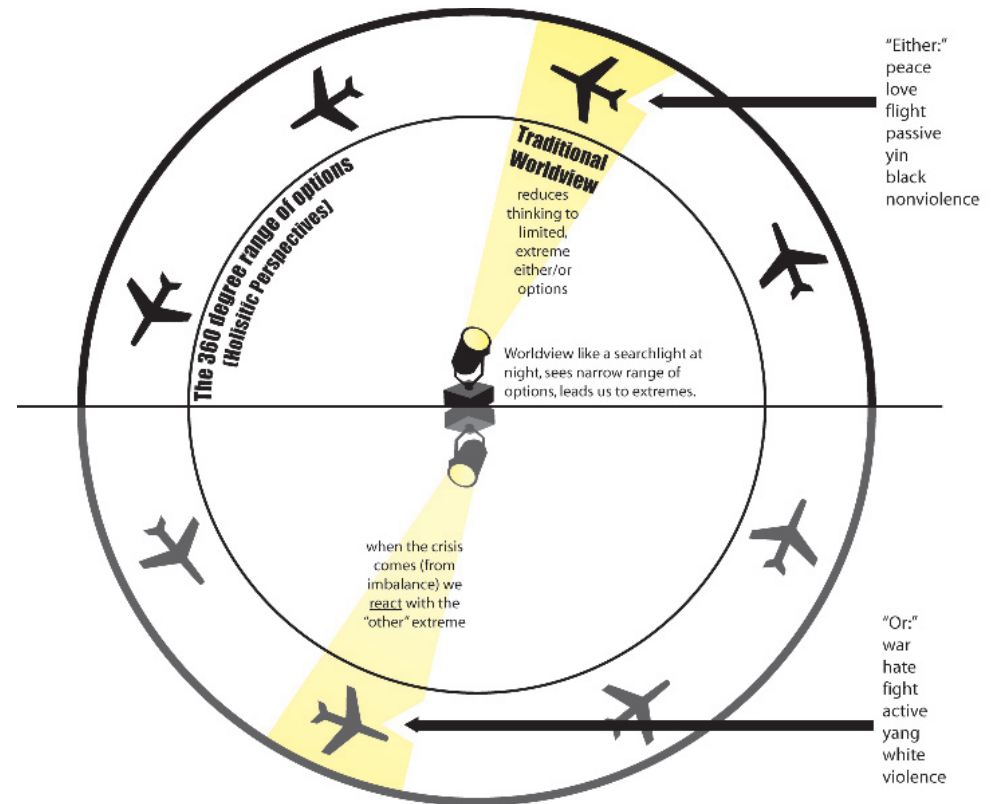
What nonviolence theory asks is that we understand one thing: violence always leads to more violence; thus it never can resolve underlying problems (imbalances) that led to conflict. Further, it helps us see that by agreeing only to organize ourselves around “mopping up the blood” after the violence has begun we can never change the environment that engendered the violence in the first place. Thus, for practical, outcome-based reasons alone nonviolent methods are the only way to resolve conflict in ways that make relationships (between spouses as well as between countries) sustainable. Nonviolence theory shows us that nonviolence actually is a “force more powerful” than violence when applied visibly and consistently.

However unfamiliar or misunderstood, nonviolence actually gives us a relatively baggage-free, non-moralistic, unemotional and perhaps most importantly, logical language to set about changing the way we resolve conflict -- locally and globally, personally and institutionally.

a practical and logical approach to nonviolence she calls “every day nonviolence” (EDNV).

EDNV is based on a realization that we don’t have to be Mahatma Gandhi or Martin Luther King, Jr. to practice nonviolence and, in fact, Gandhi said this, himself, in his famous admonition to “Be the change you wish to see in the world.” At K-State we are learning how to expect nonviolence and thus work to build healthy relationships that will coalesce into a safer and more equitable campus community, every day.

Most local nonviolence education work is carried out through the Campaign for Nonviolence. Created in 2000, the CNV is both a grassroots, volunteer-based movement to build a nonviolent community and a presidential-level, campus-wide committee. Some of our projects are listed in this booklet. For more information, see: www.ksu.edu/nonviolence



This drawing adapts an image invented by Sir Karl Popper during WWII, while the bombers flew over London, to show how human views are transitory and limited by our worldview. In past times, we attended to problems as though they existed within the spotlight, ignoring interconnected systems that surround them. With the knowledge that our ‘given’ views are fragmented we now can make an effort to gain and act on more realistic, holistic perspectives. This systems view helps us identify connections, patterns and precursors to problems so we can act to correct the course of dysfunctional system before it crashes.

The K-State Campaign for Nonviolence (CNV) - began in 2000 as an overarching, university-wide “home” for applied and academic nonviolence education projects and programs.

*SafeZone - SZ Allies are peers/fellow citizens who attend training to become visible, accessible allies for people they encounter in the community who may be troubled or who are in trouble. SZ allies offer a safe place to talk and to find additional help. Allies display the SZ symbol on an office door, backpack or other location and thereby, indirectly, help build the expectation for a non-violent community. Over 600 allies have been trained and more take training every semester.

* Season for Nonviolence -- is the 64-Days between January 30 and April 4 (assassination anniversaries of Martin Luther King, Jr. and Mahatma Gandhi). It is an annual, international backdrop for localized events designed to increase awareness of nonviolence teachings and techniques. Each year the CNV sponsors many, varied events that focus on nonviolent relationship interactions. See: <http://www.k-state.edu/womenscenter/NonviolenceWorks.htm>

* Fall CNV Rally - a one-day event that gives a broad network of social service and social justice groups an opportunity to interact with the community. We have information tables, music, and annual “Be the Change” awards. Awards are given to individuals, groups and local businesses that have made a difference for positive social change.

* Noontime Yoga - provides free yoga five days a week to the campus and community. Our philosophy of nonviolence includes learning to take better care of our own well being as a prerequisite to taking a healthy, whole self to broader interactions.

* Evening Meditation is a newer program with the same underlying aim. See: http://www.k-state.edu/womenscenter/all_about_yoga.htm

* KIOSK and International News Television - The CNV, SafeZone and Women’s Center (which provides a 24-hour service for victims of rape and other kinds of violence) has opened a Kiosk in the Student Center. This location allows us to increase the visibility of our programs and make them more accessible to fellow community members who need help. Our television, tuned only to international news sources, allows Union visitors to get views directly from other countries/cultures. We believe multiple perspectives make nonviolent interactions more likely at the global level.

* Nonviolence Studies Certificate Program - A 15-hour certificate program now is available to all UG majors through the K-State College of Arts & Sciences. See: <http://www.k-state.edu/nonviolence/>

Practicing Nonviolence Every Day

Most of us associate “nonviolence” with famous people like Mahatma Gandhi and drastic circumstances like the civil rights movement in the U.S. We do not associate it with something practical, that real people can do every day.

Nonviolence Education at K-State expands on traditional teachings to focus on the practice of nonviolence in our daily lives.

Every Day Nonviolence (EDNV) is an anthropological, holistic/systems (every day) approach to nonviolence that identifies human relationships as systems: within one mind or body; between individuals, among groups; even between humans being and the Earth (ecology) and between humans and the universe (spirituality). It shows that by reframing conflict within the context of interconnected systems, individuals and people-together can apply strategies traditionally used to “refuse to cooperate with injustice” after the fact of violence but apply them positively to “get ahead of the violence.” Nonviolence often is called the ‘third way’ because it seeks solutions beyond the extremes.

The hypothesis of EDNV is that the same “force more powerful” applied successfully to the liberation of peoples also can be applied at the local and personal levels; and in fact it suggests that nonviolence teachings can be applied to all relationship systems in ways that can help preempt violence. It suggests that when we learn to recognize relationships as systems we can create nonviolence methods to maintain relationships, in the same way good nutrition acts early, over time, to maintain equilibrium in a physical system or move a dysfunctional one toward wholeness.

Optimistic, yes; but today human beings have new perspectives and tools never before available. We are at a decisive moment in human development because today we can consciously choose evolve. Amazing but true. Today we have the information we need to modernize how we attend to change, to conflict and to the interconnected elements of our global systems. The question is, can we build the awareness, the expectation, and the skills needed to create and maintain nonviolent interactions before crisis and violence lead to system failure?

Nonviolence is more about sustainability than sentiment. Because the impersonal image and reason of systems helps us avoid emotions and extremes, nonviolent actions can be passionately felt but systematic and science-based. We can approach the health of human interactions as pragmatically as we would attend to nutrition in the body or ecology in the environment. We can challenge generations of abuses and imbalances of power that have resulted in a “culture of violence” with the logic of changing from people who accept violence as normal to people who expect and work for nonviolent interactions. We can develop and model situation-specific, inventive, intentional “ways” to practice nonviolence with the goal of bringing healthy balance to a system before it becomes so imbalanced it fails.

In our community this means that through practical projects and classes we are learning to recognize the logic of resolving conflict with the positive power of nonviolence rather with negative force.

In this context nonviolence means examining a relationship within the framework of whole systems and carrying out actions intended to move it into dynamic balance -- justice, health, peace. By devising creative interventions into dysfunctional systems we can alleviate many problems before a crisis occurs; and we can apply conflict resolution, direct action and other nonviolent methods to stop violence even after problems begin.

K-State's Campaign for Nonviolence (CNV)

The K-State Campaign for Nonviolence (CNV) is a university-wide committee as well as a voluntary affiliation of individuals and groups who reject violence as a viable way to resolve human conflict and who are willing to step up to "be the change" we wish to see in our community. The CNV invites all citizens to help create a safer and more equitable community: to take SafeZone training (as over 600 allies have done); to join us for Noontime Yoga or Evening Meditation; to participate in or initiate a Season for Nonviolence event; to join a social justice-related student group. In the student union, enjoy alternative international television at the SafeZone/CNV/Women's Center Kiosk. Enroll in Nonviolence Studies courses.

The CNV & Community Campaign for Nonviolence (CCNV), located in our satellite office at the UFM House, 1221 Thurston, are organizations devoted to assisting individuals and groups practice and educate about nonviolence. The UFM office currently houses Nonviolence Education, the Network of Spiritual Progressives (including Evening Meditation) and community/campus SafeZone Programs, as well as the CCNV.

How It All Began

In the late 1990s, the CNV, itself, grew from the realities of a culture of violence faced daily by the campus Women's Center and other offices whose mission traditionally has been to assist people harmed by harassment, discrimination, physical violence and other abuses of power. We know that reacting to and "cleaning up after" violence is essential, but it also is necessary to reframe violence-and-nonviolence within its complex environment and begin culture change projects if we are ever to achieve a safe and harmonious community. Social justice based on nonviolent principles is our unifying challenge.

Call 532-5343 to find out how to be involved, find a speaker, or plan a nonviolence-related project or program.



Projects...cont.

* Empty Bowls - is a collaborative event that brings together local potters and citizens who make bowls, area businesses that "sell" bowls and restaurants that fill bowls with free soup - all to raise money that goes to local soup kitchens. See: http://www.k-state.edu/womenscenter/empty_bowls_project.htm

* Date With Hate - is an annual nonviolent event to counter the hateful messages of Topeka's Fred Phelps clan who routinely picket at K-State's graduation ceremonies.



Manhattan St. Patrick's Day Parade, 2008

* Nonviolence Walk in St. Patrick's Day Parade - is a fun way to bring awareness of nonviolence teachings to the entire community. We know you can't counter a minus with another minus so all of our messages carry a positive message or share a way to practice nonviolence: "Want Peace? Work for Justice," kids dresses in green with signs, "Whirled Peas for World Peace."

* Participating in the KS "Adopt a Highway" program illustrates one way to make our relationship with the Earth more healthy.

* Organizing a social justice film series with Hale Library focuses on global nonviolence issues.

There are more programs and events, too numerous to mention. The "Season" alone makes available a dozen or more speakers, films, classes, as well as awareness-raising posters, t-shirts, and other ways to make the rather abstract ideas of nonviolence more concrete and accessible.



Inaugural CNV Rally, 2001

Nonviolence is... Creating Healthy Relationships

We couldn't make music without learning the notes. We couldn't read without the ABC's. So, what makes us think we can attain peace or justice or fairness until we learn the skills to achieve them?

The traditional problem-solving "MO" in our world has been to deny conflict and act after the crisis. When violence results, we call 911 - the police and the therapists, for example -- and close our eyes again until the next time.

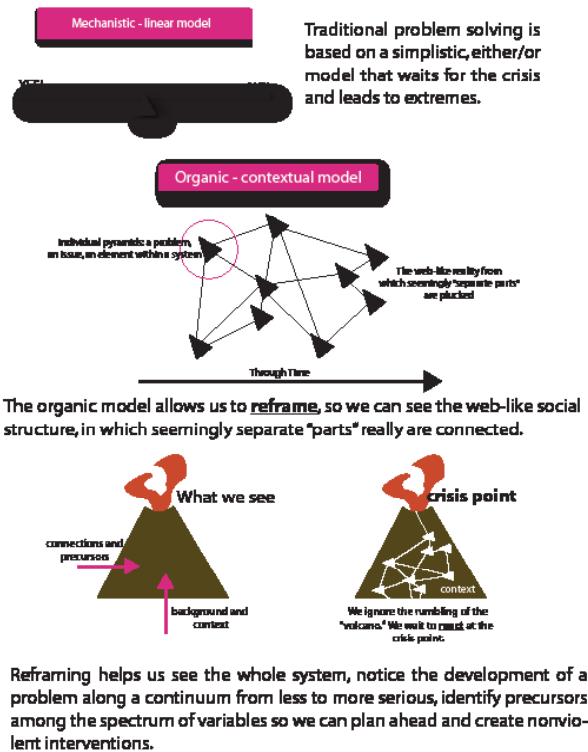
The fact is -- as long as we agree to wait for a crisis before we act to resolve the issues that are leading to it, by default our only option is to "clean up the mess." Further, and importantly, if we only react after the fact, we can never change the imbalances that engender the conflict in the first place.

Conflict in a system of interconnecting elements - including relationships, large and small -- is as inevitable as "bad" weather because life moves and changes. But, how we attend to conflict is a choice.

Nonviolence is a relatively new way to think about problem solving. Often called the "third way," nonviolence is an ecology of relationships that takes complexity into account. It asks us to reframe problems within the context of whole systems so we can recognize options beyond the extremes and give ourselves time to correct the imbalances before the system begins to fail.

The global nonviolence movement axiom, "If you want peace, work for justice" translates locally to: If we want a safe campus/community, we need to work for fair relationships at all levels.

Models for Problem Solving



We need to care about and then work to build a healthy, well-balanced mind and body to maintain the whole system that is our Self.

We need to care about and then work to build relationships where one partner does not abuse his or her power over the other - to maintain the whole system that is a friendship or a marriage.

We need to create a just community that promotes equal opportunity if we want a safe community.

The same pattern holds as we move out through the concentric circle of human systems that compose our world. Human beings also have relationships with our environment and the universe itself.

Like the nonviolence movement in general, the Campaign for Nonviolence at K-State (CNV) and the Women's Center where it is housed are working to change the organizational principle of this community 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 devise positive ways to correct precursors to violence so we can prevent it. Modernizing our conceptual and organizational frameworks in this way will require overcoming generations of habits that have led us to denial and to extremes; and it will demand perseverance -- but it can be accomplished in the same logical way we have learned to use seatbelts and plan for healthy nutrition.

Every Day Nonviolence (EDNV) adopts the teachings and techniques of traditional nonviolence and adds an anthropological, holistic foundation and a demystified, daily practice. It invites all of us to "step back" so we see our problems within their context; and then "step up" to create practical, problem-specific nonviolent actions intended to keep our relationships on course.

In our educational setting, it is important to note that EDNV suggests the potential for all kinds of new and re-focused jobs based on "getting ahead of the violence" rather than (only) cleaning up after it. Instead of or in addition to police work designed to punish and therapy designed to heal, for example, new kinds of opportunity makers can be trained to help individuals and groups identify precursors and invent ways to correct course before the violence begins and the systems fail.