

# Nonviolence

**NONVIOLENCE** means to act and respond without harming another person.

**NONVIOLENCE** is the practice of using peaceful means to solve a problem.

## LESSON 1

Read the meaning of **NONVIOLENCE**. Read: **Unfortunately, we often hear about violence and how people hurt each other. Today we will focus on ways to deal with problems without hurting anyone.** Brainstorm with the class to identify ways people can solve problems without hurting anyone. Write responses on the board. Examples could include: talking things out, discussing alternatives, taking turns, being respectful, accepting differences of others, etc. Instruct students to trace one hand on a sheet of paper. Tell them to choose one peaceful method from the board to write across the drawing. Instruct students to write the phrase **“Hands Help, not Hurt,”** on the top of the page. As time allows, have students write a paragraph about the many ways hands can help someone.

**School/Home Link** - Tell students to show their hands to a family member and discuss the phrase, *Hands are for helping, not hurting.*

## LESSON 2

Review the meaning of **NONVIOLENCE**. Read: **The news is full of stories about acts of violence. There are better ways to resolve conflicts without the use of violence. One way is called Conflict Resolution. Conflict Resolution involves taking specific steps to solve a conflict calmly. For example, if someone calls your friend a name, you may want to hit him or her. Hitting is violent behavior. By using conflict resolution, violence is eliminated.** Write the following Conflict Resolution steps on the board and ask students to copy them under the heading, Conflict Resolution:

- Good communication – Listen, understand, and talk to each other.
- Self-control – Control yourself – no yelling, exercise patience and respect.
- Find a compromise – Be flexible and solve the problem together.

As time allows, discuss the benefits of following each step when solving a conflict. Encourage students to practice conflict resolution.

**School/Home Link** - Tell students to share the steps for *Conflict Resolution* with a family member.

## LESSON 3

Review the meaning of **NONVIOLENCE**. Review: **Conflict Resolution is a way of solving disagreements peacefully. Today, we will practice how to use nonviolent behavior in response to conflicts at school.** As time allows, enlist volunteers to role-play the following situations using **Conflict Resolution**.

1. Donnie cut in front of you in the lunch line.
2. An older student tripped you on the bus and then laughed at you.
3. Several kids corner you and ask for money. They tell you that you'll be sorry if you tell on them.

Encourage other students to assist or prompt as necessary. Congratulate students for peaceful resolutions.

**School/Home Link** - Tell students to role-play a situation using **Conflict Resolution** with a family member.

## LESSON 4

Review the meaning of **NONVIOLENCE**. Read: **Everyone feels angry sometimes. It is important to learn how to express feelings of anger in appropriate ways.** Brainstorm with students alternatives to violent acts. Some possible peaceful strategies include actions such as counting to ten, taking deep breaths, weighing out the consequences of one's actions, walking away from a confrontation and talking to an adult. Have the students create a list of at least 5 peaceful alternatives to violence and put them into practice.

**School/Home Link** - Tell students to discuss ways to avoid getting angry with a family member.

## LESSON 5

Review the meaning of **NONVIOLENCE**. Write the following questions on the board: **What is a bully? How does a “bully” act?** Explain: **A bully is someone who threatens and hurts other people.** Ask students if they have ever been bullied or if they know a bully. Allow time for discussion. Explain that there is no reason one student should ever hurt another student on purpose. Tell students to **“Ban Bully Behavior”** at \_\_\_\_\_ (school name) by using **NONVIOLENT** ways to work through disagreements. As time allows, have students create a **“Ban Bully Behavior”** campaign to promote anti-bully behaviors each day. The campaign could include things such as rewarding positive behaviors, ideas on how to report a bully, ways to bully-proof a school, etc. Encourage students to carry out the campaign.

**School/Home Link** - Tell students to always tell a family member if they feel they are being bullied.