

Choosing Non-Violence



What is Choosing Non-Violence?

- Choosing Non-Violence (CNV) is a 5 module violence prevention education training.
- Each module can stand on its own as an independent workshop.

Choosing Non-Violence Goals

- **To reduce and prevent violence**
- **To teach alternatives to violence**
 - self-protective, self-defending language in expressing feelings
 - practical, do-able strategies for practicing non-violent problem solving and creating violence-free zones in homes, schools, childcare centers and workplaces.

Choosing Non-Violence Goals

- **To increase knowledge about the intersection of domestic violence, stress, gender messages, and discipline**
 - provide clear definitions of violence, power, and choice
 - understand how and where one fits into the cycle of violence

CNV Modules

Module 1:

Overview & Understanding Domestic Violence

What is violence? How has violence touched my life? How do I process it so I can continue on leading a healthy life?

Learn about the prevalence of domestic violence, the different forms it takes (physical, mental, emotional, psychological, sexual), understand the effects on children, learn about available resources and prevention.

CNV Modules

Module 2:

Unhealthy Stress & Violence-

When we are under unhealthy stress, we are most prone to respond violently ourselves. Learn what healthy stress looks like, feels like and understand how to recognize when it crosses over into unhealthy stress! Learn coping strategies to prevent stress from resulting in violence .

CNV Modules

Module 3:

Gender Messages & Violence -

“What’s A Big Boy Like You Crying For?” What messages do we give little boys about being men and little girls about being women that has created such a serious problem today with violence in relationships? What messages did you receive that have influenced how you think and what you pass on to children?

CNV Modules

Module 4:

Understanding Discipline & Child Abuse

“Discipline Is Training That Strengthens” – Positive, nonviolent discipline- is it possible? What will it take?

When 84% of the American population believes in the physical disciplining of children (spanking) – what implications does that have for Choosing Non-violence?

CNV Modules

Module 5

Choosing Non-Violence Action Plan

Enough thinking and talking.....what do we do next?

- *Learn the Choosing Non-Violence Language*
- *Skills for nonviolent Problem Solving*
- *Skills for resolving conflicts – positive attitude about conflict*
- *Application ideas for the home and community*

Learn so much more in the full workshop!



Interested in more?

Call the Office of Violence Prevention
for details about and calendar for
this full workshop.

312.745.0381

*“The first thing to be disrupted by our commitment to nonviolence will
be not the system but our own lives.”*

James Douglass