

Community Building via the Alternatives to Violence Project



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**“My name is _____. A
strength I bring to conflict
resolution is _____”**

Sample Gathering Go-around

Bill's AVP Background



Agenda Preview

A VERY QUICK INTRO to AVP

AGENDA

- Adjective Names
- What is AVP?
- Video "When You Think of Violence"
- Light and Lively
- How AVP Works
- Transforming Power
- Light and Lively
- Session Evaluation

Adjective Name Game

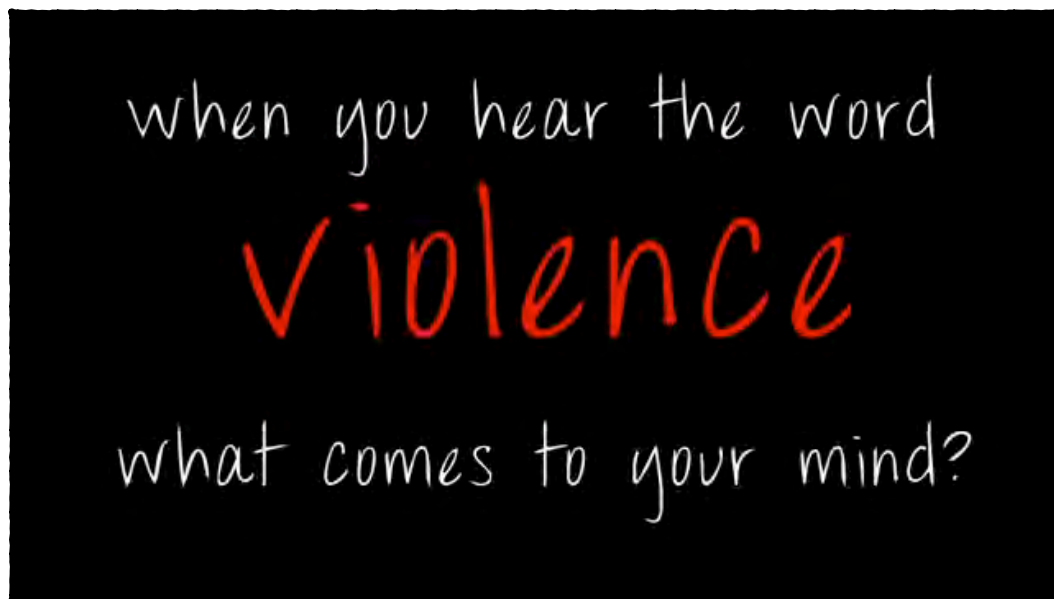
Say your first name and a positive word that describes yourself and begins with the same letter as your name. Example: "Gorgeous George". Repeat the names of all those who went before you, then give your own.

What is AVP?



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- ☐ **AVP is an experiential program, helping people change their lives through a series of structured experiences.**
 - ☐ **AVP is a prison program, helping inmates learn new skills and attitudes that can lead to fulfilling, crime-free lives.**
 - ☐ **AVP is a community program, offering a new approach for community groups, social service agencies, youth organizations and all that would like to participate.**

- ☐ **AVP is a program for everybody regardless of race, religion, political view or national origin. Though founded by Quakers based on their belief in an inborn power for peace in everyone, it draws its participants and trainers from all religions, races and walks of life.**
- ☐ **AVP is an intensive learning experience offering two or three-day workshops on three levels:**
 - ☐ **1. The Basic Workshop**
 - ☐ **2. The Advanced Workshop**
 - ☐ **3. The Training for Trainers Workshop**



AVP Video

When You Hear the Word VIOLENCE by Blaze Nowara with AVP New Jersey
<http://vimeo.com/37108812>

Light and Lively Activities are a Key Element of Community Building

Also known as a LIFT in HIPP



**Big Wind Blows, Mrs. Mumbly, “I love you baby,
but I just can’t smile”, Elephants and Palm Trees,
Pattern Ball, Touch Blue, etc.**

How AVP Works

- ☐ **Affirmation - Building self-esteem and trust**
- ☐ **Communication - Improving both listening skills and assertion**
- ☐ **Cooperation - Developing cooperative attitudes that avoid competitive conflicts**
- ☐ **Community - Learning to build community within a diverse society**
- ☐ **Creative Conflict Management - Getting in touch with an inner ability for Transforming Power to manage potentially violent situations. Roleplaying is common.**





Transforming Power

Promoting Creative Responses to Conflict



HIP (Youth Version) Help Increase the Peace

The HIPP Story

The Help Increase the Peace Program (HIPP), a project of the American Friends Service Committee, began in 1991 in Syracuse, New York. HIPP was founded as a variation of the Alternatives to Violence Project, an innovative program based in correctional facilities around the world. Since its creation,

HIPP has extended to more than 20 states, working to reduce violence and intolerance in communities and schools.

Based on popular education models, HIPP invites participants to share their **personal experiences and be enriched by the knowledge of the group.** HIPP combines dialogue and active learning to engage and motivate action. Participants build skills for responding to conflicts through non-violence, analyze the impact of social injustice on their lives and communities, and develop skills for action. Each HIPP session is designed to increase skill, understanding and leadership.



Training Options

HIPP Works

Each HIPP Workshop is a 2 day retreat. Sessions build on each other for increasing levels of understanding and analysis.

Beginner Session

"Think HIPP"

Advanced Session

"Be HIPP"

Train the Trainer

"Make HIPP Happen"

HIPP Orientation

Half day retreat

A shorter introduction to HIPP, the Orientation option gives you an idea of what HIPP is and how it can work with your organization.

HIPP Basics

In order to embrace diverse learning styles by engaging participants emotionally, mentally and physically, HIPP sessions are composed of the following three components:

HIPP Connections

- HIPP Connections serve as introductions to each session, allowing participants to share their experiences with the group and begin to connect HIPP with the rest of their lives.

Core Activities

- Core Activities are the heart of the HIPP session, inviting deeper exploration, introspection and synthesis related to some of the most challenging issues of our society.

HIPP Lifts

- HIPP Lifts foster community through creative physical activity relieving tension and giving participants a release from the challenge of engaging complex social issues.

What is the Essence of AVP?

- | | |
|--|---|
| <input type="checkbox"/> Transforming Power - always an element of an AVP workshop | <input type="checkbox"/> Workshop community agrees to a set of core guidelines |
| <input type="checkbox"/> Learning by Doing - AVP is an experiential program | <input type="checkbox"/> Affirm ourselves and one another |
| <input type="checkbox"/> The workshop is Facilitated in Teams | <input type="checkbox"/> Avoid putdowns |
| <input type="checkbox"/> Held in a Circle whenever possible | <input type="checkbox"/> Respect confidentiality |
| <input type="checkbox"/> Facilitators and participants are volunteers | <input type="checkbox"/> Respectfully listen to each other |
| <input type="checkbox"/> Ongoing Evaluation | <input type="checkbox"/> Volunteer ourselves only and give others the right to pass if something is uncomfortable |
| | <input type="checkbox"/> FUN! |

Projects worldwide

<http://avpinternational.org/worldwide>

AVP workshops have been held in over 59 countries worldwide



AVP International

59 Countries and counting! More than 70 workshops were held in Rwanda starting in 2000.

“Pass the Pulse.”



Session Evaluation

+ = Positives/Likes

- = Negatives/Didn't Like

 = Ideas for Improvement



More Information

- ☐ Alternatives to Violence Project - USA <http://avpusa.org>
- ☐ Youth Program - HIPP
<https://afsc.org/resource/help-increase-peace-project-hipp>
- ☐ AVP International - <http://avpinternational.org>



Alternatives to Violence Project
Supporting people to deal with
conflict and violence