

Facilitators/Trainers Note Two - NONVIOLENCE CONTINUUM

- The aim of this exercise is to encourage participants to think of where they as individuals stand on the spectrum of nonviolence.
- If this exercise is done too early when people have not thought about what nonviolence means, they will find this exercise stressful.
- Getting people to realise that there is no “right” answer is a first step towards encouraging activist to recognise their responsibility for their own behaviours and actions.

Tools Needed: Long piece of wool/string

Two Signs saying “Challenging Power Structures Nonviolently” on scale 1 – 10.

One sign says 1 other says 10 (ten being no aggression or negativity at all). The idea is that each individual stands on the string or wool to show where they think this action is on the Nonviolent Continuum.

Themes to think of:

Nonviolence and property; uniformed organisations; on written signs & placards or banners. It is important we remember being nonviolent to ourselves is part of nonviolent activism.

- Holding a Placard saying, “G8 does not represent the World”
- Shouting (not swearing) at people entering the G8 precinct
- Handing in a mass petition protesting to the Community Council for Auchterarder about the fact the G8 is being held in the village.
- Lobbying your MP/MSP/Councillor
- Taking out a legal action against individuals sitting on the G8 for crimes against humanity
- Dressing up as deformed/dead babies and symbolically dying at the airport blocking the A9 road
- Legal and political protests against authorities
- Spray paint message (biodegradable paint) on 18th Green at Gleneagles
- Hang bridge banner
- Weed kill message on 18th Green at Gleneagles
- Leafleting on train
- Pulling communication cord on train
- Able Labels in loos (sticking protest stickers in loos)

Think up themes and ideas suitable for your groups and the actions you take.