

The purpose of the **64 Ways to Practice Nonviolence** teaching guide is to provide students with foundational tools for resolving conflicts in a nonviolent manner. The power of this book is in its potential to empower students with the knowledge needed to build a culture of respect, tolerance, and dignity in our classrooms and communities.

Through the **64 Ways** curriculum guide students will experience the language, concepts, and successful history of a way of living that embraces respect and dignity for all people. The **64 Ways'** guide has been designed to provide a practical and experiential approach to learning the language and skills of nonviolence. These ideas have the potential to profoundly impact classrooms, campuses, and communities, and to positively shape the future.

*Please call . . .*

*If you are interested in purchasing a curriculum for your school, introducing the curriculum to a principal or school, or in purchasing a curriculum to donate to a school through our Adopt-a-School Program?*

*Or if you would like to arrange a teacher or student training!*

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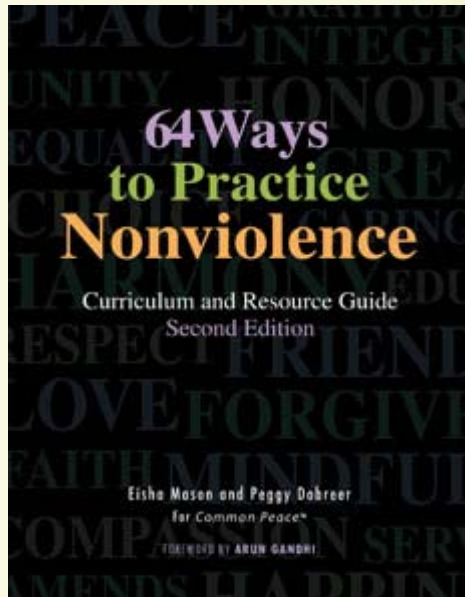
**64 Ways  
to  
Practice Nonviolence**

*A Resource Guide for  
Nonviolence Education  
for  
Children of All Ages*



COURAGE  
SMILING  
COMMITMENT

*Violence is the language of the unheard! Martin Luther King, Jr.*



*Education is a vaccine for violence!*

*Edward James Olmos*

### Empowering Choices

Violence is a destructive force that harms every one involved from the perpetrator to the victim. It is usually thought of in terms of something harmful done by one or more persons to one or more others. While this common understanding of violence is undesirable so is the more prevalent violence that is self-inflicted. This includes substance abuse, eating disorders, and negative self-thoughts. Violence is on the rise in schools, and how could it be otherwise with the influence of violence so pervasive in our culture? In many schools, controlling the contagion of violence has become more important than the education of youth.

In the battle against violence, ideas and influence are paramount. The current equation is extremely imbalanced to the side of violence. We must arm our youth with the tools of nonviolence first and then they will be able to make nonviolent choices. Providing our youth these vital tools is exactly what the **64 Ways** teaching guide has been designed to do.

### The Language of Nonviolence

Most students and teachers as well, are all too familiar with the language of violence. Whether we recognize it as such or not, words of insult, threat, shame, and anger are the language of violence that many of us hear and use on a frequent basis. Acquiring a vocabulary of respect is an essential step in empowering our youth to choose a nonviolent way to resolve conflict. The foundation of the **64 Ways to Practice Nonviolence** curriculum guide is the language of nonviolence.



Language is a primary vehicle through which we acquire and assimilate knowledge. Each of the **64 Ways** begins with a word that, through close examination, grows from a concept, into an idea, then into an experience and useable tool. As students become more familiar with the language of nonviolence, they are better equipped to articulate thoughts and feelings that are conducive to a peaceful resolution of conflict.

*"Violence sometimes may have cleared away obstructions quickly, but it never has proved itself creative." Albert Einstein*