

## **NAPF Peace Literacy Summer Workshop (July 16-21, 2017)**

### **Course Outline**

#### **Day 1 – Monday**

##### **I. Understand the Principles and Skills of Peace Literacy and Peace Leadership**

Objectives:

1. Learn the importance of Peace Literacy, how peace is a skill-set, and the importance of having a new way to frame peace that is more effective at engaging people.
2. Learn what makes Peace Leadership unique from other forms of leadership.
3. Learn why Peace Leadership is the purest form of leadership.
4. Learn why Peace Literacy and Peace Leadership are vital in the twenty-first century.
5. Learn why training is necessary for Peace Literacy and Peace Leadership.
6. Learn why the skills of Peace Literacy and Peace Leadership are life skills.
7. Learn how Peace Literacy and Peace Leadership can advance any just cause.

##### **II. How to Maximize Respect as a Foundation of Moral Authority**

Objectives:

1. Learn why martial arts teach us to respect everyone, including our opponents.
2. Learn how conveying respect allows us to prevent and resolve conflict.
3. Learn how respect rather than rank generates the power base of a leader.
4. Learn how most disrespect comes from misunderstanding and miscommunication.
5. Learn about the importance of giving people the benefit of the doubt (not acting from a position of ignorance).
6. Discuss examples of disrespect causing conflict.
7. Learn the three elements of universal respect.

##### **III. Understand the Anatomy of Aggression**

Objectives:

1. Learn about warning aggression (posturing) in animals.
2. Learn about warning aggression in human beings.
3. Learn about the underlying causes of warning aggression in human beings.
4. Learn how to increase our empathy by seeing the underlying causes of warning aggression.

5. Learn how understanding the underlying causes of warning aggression in others improves our ability to remain calm amidst conflict.
6. Learn how calm and empathy can deescalate warning aggression.
7. Learn about the role of trauma in conflict.
8. Learn about hostile aggression.

#### **IV. Nonviolent Conflict Resolution Techniques**

Objectives:

1. Learn how military leadership principles apply to waging peace.
2. Learn about the many nonviolent options we are not taught in our society.
3. Learn the four lines of defense.

#### **V. How to Calm People Down**

Objectives:

1. Learn the four steps for calming yourself down.
2. Learn the three steps for calming other people down.
3. Learn how empathy creates a foundation for calm.
4. Learn why the art of listening requires empathy.
5. Learn the three elements that create a calm tone of voice.

#### **VI. Additional Conflict Resolution Tools**

1. Learn how standards and pledges can reduce conflict in a classroom, workplace, community, or movement.
2. Learn effective ways to say no.

### **DAY 2 - Tuesday**

#### **I. Understand Dehumanization and Rehumanization**

Objectives:

1. Learn how dehumanization is at the root of racism, sexism, war, genocide, slavery, oppression, and most human problems.
2. Learn the six forms of distance that create dehumanization.
3. Learn how propaganda functions like a magic trick (when people know how the magic trick is performed it is much harder to be fooled).
4. Learn the three forms of rehumanization.
5. Learn about the ways activists often dehumanize people and how we can overcome this.

6. Learn about the importance of literacy in our shared humanity for overcoming dehumanization.
7. Learn how to find light in darkness.

## **II. Understand the History of Waging Peace**

Objectives:

1. Learn the origin of waging peace philosophy.
2. Learn the origin of strategic organized nonviolence.

## **III. Understand the Strategy of Waging Peace**

Objectives:

1. Learn why waging peace is more effective than waging war from a strategic perspective.
2. Learn about the history of violent revolutions in order to better understand the power of waging peace.
3. Learn the strategic questions that should be asked to show the ineffectiveness of waging war from the standpoint of the oppressed.
4. Learn why Gandhi and King referred to nonviolence as a “weapon” that attacks the underlying causes of problems such as hatred, ignorance, and misunderstanding.

## **IV. The Power and Techniques of Waging Peace**

Objectives:

1. Learn the military principle “If you ignore it, you condone it.”
2. Study examples of injustice and learn why Gandhi and Martin Luther King Jr. said that nonviolence is better than violence, but violence is better than apathy.
3. Learn the four strategies of waging peace.
4. Learn the military principle “We need leadership, not likership” and how to not give in to peer pressure.
5. Learn what waging peace and waging war have in common.
6. Learn the role of appearance when waging peace.
7. Learn how the same ideals and techniques of waging peace apply to small-scale and large-scale conflicts.
8. Learn about the power of hope and the importance of grand strategy.

## **Day 3 – Wednesday**

### **I. Public Speaking for Peace and Justice**

1. Learn why most people are afraid of public speaking and how to overcome this fear.
2. Learn about the importance of sincerity when speaking for peace and justice.
3. Learn the skills necessary for effective public speaking and how to practice these skills in our daily lives.

## **II. Nuclear Weapons and the Human Future (Guest Speaker, David Krieger, NAPF President)**

Objectives:

1. Learn about the flaws of “deterrence theory.”
2. Learn to distinguish between nuclear nonproliferation and nuclear disarmament.
3. Learn ten reasons to abolish nuclear weapons.
4. Learn about nuclear famine.
5. Learn what values sustain the effort for peace and nuclear disarmament.
6. Learn the importance of earth stewardship: our responsibility to future generations.
7. Learn about the poetry of peace: logic alone is not enough.
8. Learn the importance of perseverance.

## **III. Human Cravings, Trauma, and Grand Strategy**

Objectives:

1. Learn about our shared human craving for purpose, meaning, explanations, belonging, self-worth, transcendence, etc.
2. Learn how movements, communities, and leaders must feed these cravings in healthy ways.
3. Learn about the “tangles of trauma.”
4. Learn how to feed these cravings in a classroom, workplace, or movement by offering standards, attention, encouragement, guidance, ideals, and a positive example.
5. Learn why cynicism is so dangerous to a movement.
6. Learn how developing our appreciation, awe, and realistic hope can counter cynicism.
7. Learn about productive ways of transforming our pain.

## **IV. Challenges of the Future**

1. Learn about some of the challenges that Peace Leadership and Peace Literacy must confront in the near future, such as responsibly using our godlike

- human powers and how virtual reality will be able to change everything but the human condition.
2. Learn about the importance of escalating our ethical evolution.

## **Day 4 - Thursday**

### **I. How to Teach, Spread, and Model Peace Literacy Ideals and Skills**

Objectives:

1. How to implement and teach Peace Literacy curriculum.
2. Guidance from educators who have used curriculum.
3. How to teach a module in a school or community.
4. Guidance for non-educators.
5. What each of us can do to spread Peace Literacy.
6. Learn why movements must embrace the heroic.
7. How to resist cynicism and restore realistic hope.