



'Peaceful Pathways to Conflict Resolution'

AVP workshop for youth

AVP Peaceful Pathways

Alternatives to Violence Project (AVP) is a not for profit, non-religious organisation of volunteers committed to reducing interpersonal violence in our society. AVP works toward this goal by presenting experiential conflict resolution workshops in prisons, schools and with community groups. Currently, we have regular workshops at Acacia, Karnet, Wooroloo and Bunbury prison facilities. This is an international programme based on over 40 years of experience.

AVP workshops describe conflict-management skills that can enable individuals to build successful interpersonal interactions, gain insights into themselves, and find new and creative ways of responding to conflict situations and to build community. Participants find strengths and skills within themselves that will enable them to deal with future conflict or potentially violent situations in a more positive manner.

Description of Program

This is an experiential workshop for 14-17 year olds, where learning takes place by engaging in a variety of activities and reflecting on them afterwards. The focus is on primary conflict management skills and an awareness of emotional responses, especially anger and tendencies towards aggressive behaviour.

Through a combination of gatherings, exercises, light & livelies, role plays, participants will have fun and learn some important life skills.

The workshop is facilitated by experienced, trained volunteers.

Learning Outcomes

- use community building and self-affirmation skills
- identify strategies for conflict transformation and resolution
- use a variety of conflict transformation strategies
- identify strategies of negotiation



Taken from the Collaborative for Academic, Social and Emotional Learning
<http://www.casel.org/social-and-emotional-learning/core-competencies/>





Alternatives to Violence Project – WA (Inc.)

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Comments from participants about Peaceful Pathways workshop processes

- the creation of an atmosphere in which participants felt welcome
- the experiential learning approaches used
- it was fun and active
- that there were no right or wrong answers
- the activities in general were seen to be meaningful and affirming
- the development of trust and the importance placed on confidentiality
- the difference in the relationship between adults and students compared to their school experiences

(Taken from *Evaluation of Peaceful Pathways*, Anna Alderson, Rosemary Cant, Olwyn Maddock, September 2015)

