

# What is nonviolence?

In pairs, discuss what you think nonviolence might mean.

Pax Christi England and Wales describes it as *a way of living and making choices that respects others, challenges what is not fair or just, and offers alternatives to violence and war.*

What do you think this might look like?

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Have a look at the quotes on the *Nonviolence Quotes* sheet. Next to each one, write what you understand from them. Then decide which one you agree with most and why.

Think of examples of people acting violently in your own life. Create a short drama showing the situation and how you could respond nonviolently instead.

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**Act:** How can you share what you have learnt about nonviolence with other people?

Make a display to promote nonviolence in your school or community.

Come up with a list of ways that you could live nonviolently in your day-to-day life.

**Pray:** Pray for nonviolence to become an active part of the Church and our world.