



In cooperation with

An Eye not for an Eye

Handbook on non-violent communication

The young generation in Lebanon is influenced by experiences of violence. Civil society actors supporting non-violent conflict transformation face serious challenges in making themselves heard amidst the increasing availability of arms and weapons. The disposition for violence is high and teachers suffer from a lack of alternatives to deal with violence in their professional daily lives within the school communities.

Our approach

In an effort to contribute to filling this gap and furthering the culture of and the possibilities for non-violent conflict transformation in Lebanon, the project aims at sensitising the Lebanese public, particularly the young generation, for the methods and the effectiveness of non-violent communication in Lebanon.

What we do

Based on the feedback of the participants of a training within the NOVA project in 2014, a manual on non-violent conflict transformation was developed in cooperation with Permanent Peace Movement by forumZFD. The book includes exercises about six topics:

1. Self-esteem: who am I and how do I treat myself?
2. How do I treat the other? Interact with others?
3. Me and the other in a conflict.
4. Separate emotions and needs.
5. Non-violent communication – how effective is it?
6. Example of non-violent activism (abroad)?



Cover of the handbook

Programme Area	Capacity Development
Partner Organisations	Permanent Peace Movement, Search for Common Ground
Duration	2014 - 2019 (new edition planned for 2020)
Budget (BMZ)	\$ 55,000 (2017)
Contact Person	Naji Saeed

For the sixth chapter, a short movie showing examples of non-violent activism in Lebanon in the past was developed. It contains scenes from forumZFD's movie "Come to me", the movie "Ghandi" and "In Search of Salt."

The manual was used in the NOVA project to train teachers and students, providing them with tools for non-violent behaviour and communication.

In 2016, forumZFD partnered with Search for Common Ground to adapt and use the manual's approach for working with Syrian refugees and Lebanese host communities in six communities in Lebanon. In 2017, 240 youth and children used the manual within the project Rainbow of Hope.

Throughout this period, forumZFD has been continuously training various NGO's and other stakeholders working with children on using the manual and supported them in developing projects in its spirit.

Our theories of change

We assume that the application of non-violent methods of conflict transformation in educational institutions in Lebanon re-inforces positive management of differences. This will lead to a society where people interact in respectful, non-violent ways.

CONTACT US

- lebanon.forumzfd.org
- facebook.com/forumZFDLebanon
- lebanon@forumZFD.de
- + 961 1 382 490/1

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