

Wednesdays at 5:00pm

Ending @ 6:15pm

In Agape-Satyagraha Conflict Resolution Training:

- * Youth advance at their own pace from one level of knowledge and skill to the next through five levels: white, green, blue, brown and black.
- * An adult or youth at a higher level helps the youth learn the knowledge and skills.
- * Meetings are one hour long and pizza and soda are provided at end of meeting.
- * Youth who are making good progress go on award outings: roller/ice skating, corn maze, high ropes adventure, etc.

Agape-Satyagraha seeks to help youth (grades 6-12) learn to resolve conflicts without the use of violence and so to reduce violence among youth in the South Allison Hill neighborhood of Harrisburg, PA.

Agape-Satyagraha

is a ministry of
Brethren Community Ministries
(bcmPEACE)

Our Mission: *bcmPEACE* serves Allison Hill in becoming a safer, healthier community, empowered by God's peace. God loves the whole person, seeking to bring peace (shalom) to all areas of life: physical, emotional, spiritual, intellectual, business, and social.

bcmPEACE is an outgrowth of Harrisburg First Church of the Brethren.

bcmPEACE is a separate nonprofit 501(c)(3) organization with its own board of directors and budget.

Connect with us for volunteer opportunities!

"He (Jesus) came closer to the city, and when he saw it, He wept over it, saying, "If you only understood today the things that make for peace!"
(Luke 19:41-42a)



Dr. Martin Luther King, Jr.
Agape-Unselfish Love



Mahatma Gandhi
Satyagraha – Truth Force



Agape-Satyagraha Conflict Resolution Training

Youth becoming leaders in resolving conflicts without violence.



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First Level - White Level

Understanding Conflict Escalation

“**Conflict**” is a dispute or disagreement between two or more people.

“**Conflict resolution**” is finding a **mutually agreeable** solution to the problems caused by a conflict.

“**Violence escalator**” is something said or done that causes a conflict to get progressively more violent. Violence escalation uses aggression against persons while leaving the condition unchanged.

Second Level - Green Level

Emotions in Conflict Situations

Calming down is the **first step** in de-escalating conflict.

The **three main ways**: **Distract yourself** by counting, by thinking of a peaceful place, by remembering good time, etc. **Relax your body** by breathing slowly and deeply, by relaxing your muscles, etc. **Talk to yourself** by saying “I am in control of myself”, “I am not losing it”, “I’m coming down the anger thermometer”, or “I do not need to react with anger. I can react in other ways.”



Third Level - Blue Level

Interpersonal Peacemaking

PEAR

Paraphrase the Facts

Encourage the Other Person to Talk

Pay Attention

Reflect Feelings

CAPS

Cool Off

Agree to Work It Out

Point of View Given by Each

Solve the Problem

Fourth Level - Brown Level

Basic Negotiation & Mediation

Negotiation is an approach to problem-solving in which all sides work together to find a solution.

Mediation is negotiation with the assistance of a neutral third party who does not influence the solution.

Six Steps in Mediation

1. Opening - ground rules and process
2. Gather Information - Facts and Feelings
3. Determine the Really Needs.
4. Generate Possible Solutions
5. Evaluate Possible Solutions and Choose One
6. Make a Plan

Fifth Level - Black Level

Social Systems & Power

A social system is the structure and norms in which people live their everyday lives in relationship with one another. Social systems include families, schools, faith communities, neighborhoods, cities, and nations.

“**Power**” is the ability of a person or system to influence the behavior of another.