

## THE KHULISA “SILENCE THE VIOLENCE” PROGRAMME

*“The programme changed my attitude; I now respect my parents and everyone in my community” Tembisa School Child*

### Programme Description

“Silence the Violence” takes participants on a journey of discovery in which they become aware of the extent of their own violence, where it comes from, and effective nonviolent choices. The programme illustrates how violence (which is not always physical) is ingrained in our culture and belief systems and how it emerges in daily interactions. Participants learn practical ways to minimise violent behaviour.

### Course Content

3 levels of violence

Theory of Violence

Two sides of yourself: Working with Role Theory to help build a model for change.

Personal Value System and Self-Esteem

Wisdom Circle (Circle Dialogue): Non-Violent Communication model and conflict resolution session.

Drama: Integration of Theory

Dialogue Circle: Loss of Innocence

Victim Impact

Making Amends

The Road Ahead: The integration of previous learning and evaluation of the programme.

### Learning Outcomes

Ability to recognise three levels of violence

An understanding of violence and its origins

Greater awareness of the effects of violence

Improved listening skills

Greater empathy for people in other roles

Improved staff-inmate relationships

Increased self-esteem and improved self-care

Deeper commitment to one’s true self



### **Target Audience**

Prison Inmates either as a rehabilitation or pre-release programme  
Ex-offenders on reintegration programmes  
Children at risk or in conflict with the law as a diversion option  
Children displaying violent behaviour within school environments, secure care facilities, places of safety, etc  
Adults on diversion or correctional supervision programmes  
Post mediation programme for Domestic Violence cases  
Counselors, therapists, social workers who would like to offer the programme to the people they are working with

### **Programme Delivery**

The programme is delivered in 12 sessions over a number of weeks, as scheduled by the facility in question. The programme also includes a number of support group sessions that can be continued post programme.

### **Monitoring and Evaluation**

Pre and Post Assessment to determine behaviour change as a result of the programme  
Monthly follow ups with support groups to ascertain the maintenance of behaviour change  
One year follow up to determine longitudinal behaviour change

### **Case Study**

Seth Naidoo, a graduate of “Silence the Violence” says, “My school headmaster sent me on the course because I was steadily becoming more abusive to all those around me and one of my classmates had just laid a charge of assault against me. On the Khulisa programme I discovered that my violent behaviour had been taught to me by family members, like when I saw my dad hitting my mom. Through the programme I learnt there was a new way to be powerful that didn’t hurt myself or others. Now my teachers tell me they see a new gentle strength in me. At home my younger brother and cousin are watching me and asking me to teach them about non-violent communication. I’m busy silencing the violence that has been in our family for years so we never see the inside of the police station again.”