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.”