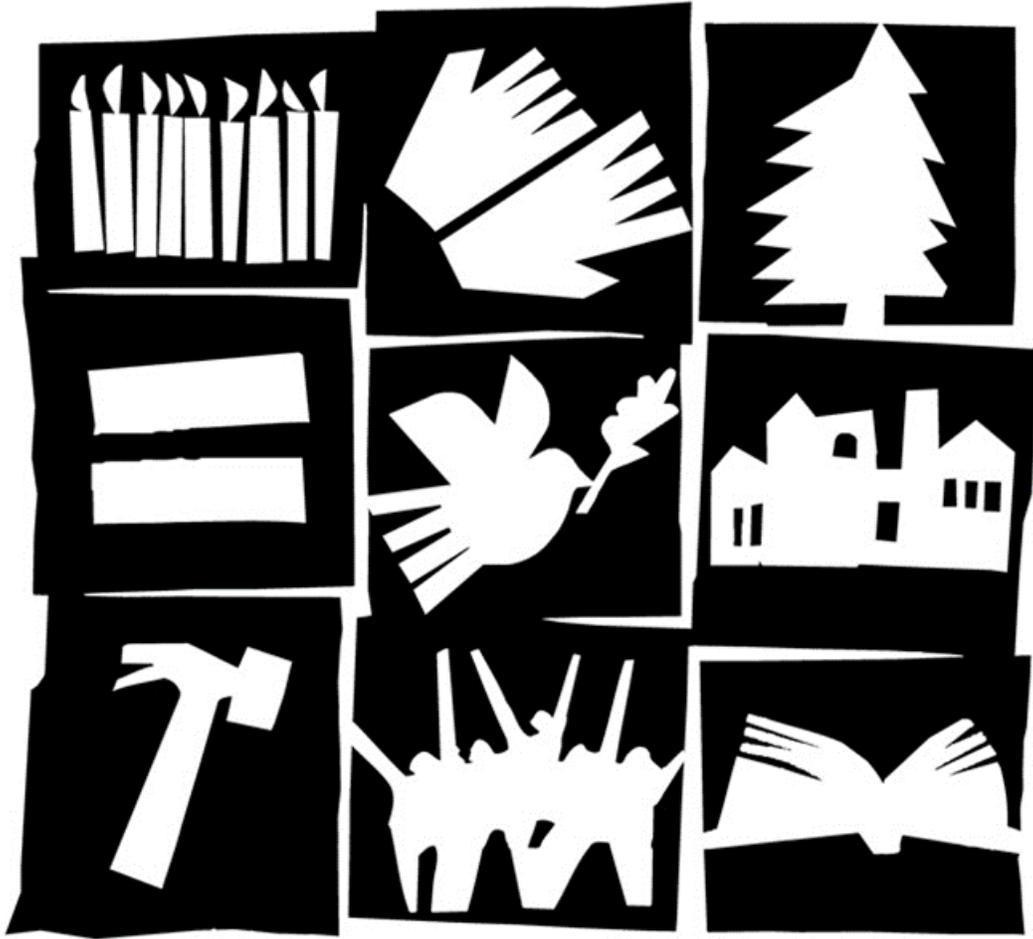


Educational Catalog



peace  justice center

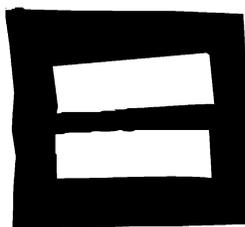
We envision a just and peaceful world. We work on the interconnected issues of peace; human rights; and economic, social, and racial justice; through education, advocacy, training, nonviolent activism, community organizing, and collaboration.

General Information

Our programs are offered publicly and privately around Vermont through schools, colleges, faith-based organizations, libraries, community groups, and other institutions and organizations. Most of these programs are adaptable and can be combined. School-aged versions of these programs are available. **For more information contact Program@PJCVT.org.**

Fees vary based on the resources available to each group and individual. No individual is turned away from our programs due to a lack of funds. People under 25 are not expected to contribute financially. We ask those who are able to pay full price or more for our programs to do so. This helps keep our programs financially accessible to all, regardless of income.

Racial Justice



These programs highlight the injustices people of color (POC) face. They aim to help white people engage in anti-racist work by challenging practices and behaviors that support them while hurting POC. They also aim to give POC space to dissect their experiences without educating white people. Details of each multi-part workshop vary based on facilitators, and participants.

Seeing and Disrupting Racism: A focus on white fragility 45mins-2hrs

This workshop was developed for predominantly white audiences. The workshop defines racism and white fragility, shows how white fragility perpetuates racism, and gives ways to disrupt that cycle.

Toxic Whiteness Discussion Group 1-2hrs

This space is for white people to process how white supremacy culture is toxic to them. The hope is that this space will allow white people will work towards collective liberation and allow the emotional needs of POC to take priority in multi-racial spaces.

Building Empathy and Addressing Racism Three 2hr sessions

This program gives participants the opportunity to build skills and knowledge to engage in undoing racism. These sessions specifically focus on recognizing and naming racism within self and community, and specific ways to take action.

Talking with Kids about Racism *Three 2hr sessions*

This workshop addresses the impact of racism and white privilege on children. It is designed to help people build skills to more effectively discuss these issues with children in a meaningful and age-appropriate way by providing resources, discussion, and role playing.

Privilege & Accountability for Aspiring Allies *Four 2hr sessions*

This workshop is designed for participants to increase their skills as aspiring allies who can effectively build support for and with colleagues, neighbors, and community members. Participants will explore their own identities and practice skills to take action in addressing microaggressions and interrupting oppression in real time.

Black in America: A History *2 hrs*

While not a comprehensive outline of the black experience, this program provides history on anti-black sentiment and racism in the U.S., and how these themes manifest today. *Created by people of the African diaspora.*

Black Beauty *3hrs*

This program aims to help those of African descent understand the complicated history of black beauty, and how beauty standards have evolved over time in the hands of colonization, slavery, and Jim Crow. More importantly, it aims to encourage them to embrace their beauty and be proud of being black. *Created by and for people of the African diaspora.*

Pro-Peace/Anti-War



These programs seek to address the problems with our country's militaristic approach to conflict, provide meaningful tools to nonviolently engage in conflict, and challenge misinformation about the power of nonviolence.

Anti-Militarism Game Night *1.5-3 hrs*

Adapted versions of BINGO, Jenga, and Jeopardy teach participants about the military industrial complex.

Intro to Bill of Rights in a Time of Resistance *Two 2hr sessions*

This program provides a fundamental understanding of some of our bill of rights. Discussions will be within the context of protest actions to empower participants to know their rights, make informed choices when resisting the current regime, and build understanding together.

Mindfulness for Activists *Two 2hr sessions*

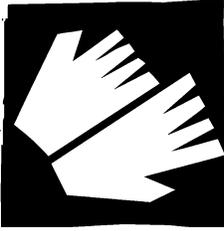
This program focuses on developing self-awareness and self-facilitation skills, understanding the relationship between activist work and self-care, learning to infuse mindfulness into everyday life, and tapping into personal sources of inspiration to engage in work for peace and justice.

Build your own nonviolence program

Choose from the elements listed below to create a nonviolence program that suits your needs:

- ◆ **CLARA**— An active listening method for conflict de-escalation that allows for respectful dialogue to occur.
- ◆ **Cycle of Oppression/Violence**— Understanding the circumstances that create violence and how it creates an endless cycle of violence.
- ◆ **De-escalation skills**— Learn practices and share skills and behaviors that may be useful when confronted with direct violence.
- ◆ **Emergency Empathy**— A de-escalation technique that utilizes empathy as a powerful tactic for engaging in conflict.
- ◆ **Nonviolence BINGO**— Play BINGO to learn about some successful nonviolent campaigns/actions throughout history.
- ◆ **Principles of Conflict**— Outlines the characteristics of conflict and how to address conflict constructively.
- ◆ **Kingian Nonviolence/Nonviolent Social Change**— Fundamental tenets of Dr. King's philosophy of nonviolence and his six steps to social change.
- ◆ **Raining Rocks: A Parable**— A roleplaying activity focused on community organizing and the range of actions individuals can take.
- ◆ **Tools and Techniques for Protest**— Tactics for building people power and engaging in a nonviolent protest.
- ◆ **Three Types of Power**— Define and explore threat, exchange, and integrative power.
- ◆ **Violence Pyramid**— Explore the varying ways in which violence exists.

Fair Trade & Economic Justice



These programs promote positive change through the economic justice lens. They foster discussion on free trade, fair trade, specific industries, and the implications of globalization and trade policies.

Fair Trade vs. Free Trade *45 mins-1.5hrs*

Learn basic information about globalization and how policies and practices have paved the way for huge companies to profit at the expense of people and the planet. This program shows how the Fair Trade movement and its principles seek to, at a minimum, counterbalance these atrocities.

The Banana Industry *1-2hrs*

This industry has been dominated by three major corporations, who have maximized their profits by exploiting banana workers and the environment. Learn how Fair Trade is as an alternative to our current conventional trade systems.

Understanding Fair Trade Labels *1-1.5hrs*

Explore the differences between Fair Trade Certifications, Fair Trade Membership Organizations, and Direct Trade to better understand the Fair Trade Movement.

Fair Trade 101: Global Trade and Racism *45 mins-1.5hrs*

This presentation touches on the history of trade: how global trade has historically come at the expense of native nations, and how The Fair Trade Movement emerged as an alternative to ensure that producers in the Global South are given access to the global market and provided with basic human rights.

Chocolate & Modern Slavery *1-2hrs*

For millions of people, chocolate production means social upheaval, violence, and human trafficking. Learn how child and adult laborers work grueling days with little to no pay while facing water and food insecurity, exposure to chemicals, and unsafe living and working conditions.

Systems of Oppression: Racism, Global Trade, and Militarism *3hrs*

This program explores how the issues of racism, global trade and militarism are not solely the result of individual choices but were made to work in tandem to oppress some while benefiting others. The hope is to show why you can't fully solve any of these issues without addressing the others., and to help people understand the importance intersectional social justice movements.

Book Discussions

- ◆ *A People's History of the United States*, Howard Zinn
- ◆ *Incidents in the Life of a Slave Girl*, Harriet Jacobs
- ◆ *Narrative in the Life of Frederick Douglass*, Frederick Douglass
- ◆ *The Fire This Time*, Jesmyn Ward
- ◆ *The Hate U Give*, Angie Thomas
- ◆ *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*, Michelle Alexander

Film Screenings

Films can be a great way to start a conversation and absorb powerful stories and truths. Screenings can be accompanied by a presentation, facilitated discussion, panel, and/or Q&A session.

- ◆ 13th (2016)**
- ◆ Agents of Change (2016)
- ◆ American Promise(2013)*
- ◆ BananaLand: Blood, Bullets, Poison(2014)**
- ◆ Hell and Back Again (2011)
- ◆ Indivisible: Love Knows No Borders(2015)*
- ◆ Mirrors of Privilege: Making Whiteness Visible (2006)
- ◆ Shadows of Liberty (2012)*
- ◆ Shady Chocolate (2012)**
- ◆ Taxi to the Dark Side (2007)
- ◆ The Dark Side of Chocolate (2010)**
- ◆ The Way Home: Women Talk About Race in America (1998)
- ◆ Undeterred (2019)
- ◆ Unmanned: America's Drone Wars (2013)**
- ◆ Where Soldiers Come From (2011)
- ◆ Wounds of Waziristan

*Licensed only for in-house screenings

**Producer grants free screening access

Public Readings

We developed two scripts highlighting stories of people impacted by war on the ground. "Testimony from Survivors of Drone Strikes" and "What is Really Going on in Yemen" can be used to perform in public spaces, read as a group, or perform in a more formal setting. Also consider reading Dr. Martin Luther King, Jr.'s "Beyond Vietnam: A Time to Break Silence" and Frederick Douglass' "The Meaning of the Fourth of July to the Negro".