



## Peaceful Pathways in Schools

warnbro community high school *From the Warnbro Community High School Magazine*



**Peer Support Camp**

On 27th and 28th November 25 Yr 10's went on an overnight camp to train to be Peer Support Mentors for the incoming Yr 8

Whilst on the camp the Peer Support leaders completed the Peaceful Pathways: Alternatives Violence Project (AVP) Basic Training. The Alternatives to Violence Project WA is part of a world wide non profit network which exists solely for the purpose of conducting conflict resolution workshops.

Thanks to Yr 11 Students Hamish Briggs, JamieLee Munn and Sheridan Toms and Olwyn Maddock and Elaine Bryant who were facilitators for the workshops.

2008 saw the beginnings of an exciting project in 2 high schools, Warnbro Community High School and Darling Range Sports College. Both schools have hosted peaceful Pathways Workshops and will continue doing so during 2009. It is hoped that students will complete the 3 levels of workshops enabling them to facilitate workshops for their peers and in the community.

During November 2008 3 new Warnbro Community High student facilitators helped facilitate a workshop for 25 year 10's students. AVP-WA would like to congratulate Hamish Briggs, JamieLee Munn and Sheridan Toms for facilitating their first workshop, we hear it was a great success and hopefully one of many to come. If you are interested in facilitating at Warnbro community High contact Olwyn: [olmad@iprimus.com.au](mailto:olmad@iprimus.com.au) If you are interested in facilitating workshops at Darling Range Sports College contact Sally on the AVP phone 93715407.

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Equanimity means that one realises the basic equality of all: Others want happiness, just like I do. Others make mistakes just like I do. Others are confused, angry, attached just like I often am. Is the other person happy in this situation or just struggling like I am?

## March 2009

### Prison Workshops

**March 14, 15, 16**

Acacia Mainstream Basic

Team: Anna A & Jan Massey

**March 19, 20**

Woorloo special T4F

Christina & Sally H&?

**March 23, 24**

Karnet special T4F

Jo & Sally

**March 31, April 1,2**

Woorloo Basic

Peter Fry, Amanda York, & Sally H

**April 4, 5, 6**

Acacia Mainstream

Advanced

Bheena, Ian Jackson &?

**May 1, 2, &3**

Casuarina Basic

Jo, James, & Vicki

**May 29, 30 & 31**

Acacia Protection Advanced

Amy, & ?

**Jun 2, 3, & 4**

Woorloo Basic

Sally H & ???

**June 19,20,&21**

Acacia combined T4F

Nafisa & ???

**July 11, 12, &13**

Acacia Mainstream Basic

Ian Jackson &???

**July 21, 22, &23**

Karnet Basic

Nafisa &???

**August 14, 15, & 16**

Acacia Protection Basic

Team needed

To register your interest in facilitating any of these workshops contact AVP on Ph. 9371 5407 or email :

[sallyherzfeld@ozemail.com.au](mailto:sallyherzfeld@ozemail.com.au)

**See over for community workshops and other events**

## A Bag of nails

Once upon a time there was a little boy with a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he should hammer a nail in the fence. The first day the boy had driven 37 nails into the fence. But gradually, the number of nails dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the first day came when the boy didn't lose his temper at all. He proudly told his father about it and the father suggested

that the boy now pull put one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence.

"You have done well my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scare just like this one. You can put a knife in a man and draw it out, it won't matter how many times you say "I'm sorry", the wound is still there.



"We cannot achieve more in life than what we believe in our heart of hearts we deserve to have.""

- James R. Ball

## Samples of 20 / 20 hind sight for a workshop at Karnet

How many times have we all said "if only I knew then what I know now I would have done things differently". 20 / 20 hindsight is an activity that provides participants with an opportunity to reflect, and get in touch with and express their inner wisdom. Here is a sample of the wisdom of participants from a Karnet workshop.

**Dear Adam,**

Life is full of adventure. Life is a continual learning experience. Learn to live like there is no tomorrow, but dream for the future. Don't let disbelief emotions control you. Life is too short to waste on trivial issues. Don't harbour hatred or anger or resentment towards others. Learn to forgive because the only person who is hurt by blaming others is yourself.

Happiness is a journey not a destination. Don't think that if you get the car or that house or lots of money that you will be happy. Learn to be happy now. Learn to enjoy the good things in life such as family and friends. Enjoy the birds singing, the breeze blowing and the sun shining.

Be content with what you have. People are always chasing after the green grass on the other side, but once they get to the other side they realise that the OTHER side looks greener. People always want what they don't have. Learn to be content. Learn to let go. A man is defined not by what he has but by what he lets go.

**To Scott,**

Hello, well I just want to say to you that I'm sorry for letting you fight and letting you get kicked out of school because now you have been put in jail and you are always in trouble with the law all the time, so I hope that you can find it in your heart to forgive me.

Thank you, Love you long time.

**Hey Mate,**

I know you are only 15 but if you knew what I know now I think you would be so different. Just a couple of words of advice. I really want you to quit smoking. It just gets harder when you get older. Another thing - chill out, take it easy & try not to be so bloody angry. Oh don't move back home. Some bad shit will happen if you do. Lay off the alcohol. It does you no favours & you don't need it.

On the 9<sup>th</sup> of July 2007 some one will pepper spray you and stab you after a party, so either don't go, or go home in the first car load. Oh yeh, Don't go to Northbridge after your work do. When you are looking for a taxi blokes try mobbing you and you end up smashing them all. I know it sounds pretty cool, but you end up in jail for 4 and a quarter years. Take it easy mate.

THINK BEFORE YOU ACT.

**AA wrote:**

I want to tell you to do things differently.

1. Don't break the law
2. Don't sleep with the sister in laws.
3. Treat Mum and Dad with more respect
4. Stay away from the drugs.
5. Be a better role model to the kids.
6. Be a better husband.
7. Have more quality time with the kids
8. If you go to jail you will miss out on the birth of your son.

## **Acacia End of Year Gathering December 2008**

AVP-WA has a commitment to making training accessible to facilitators. Training is offered monthly at the meeting house in Mount Lawley except during May and August when it is offered at Acacia prison. Community facilitators are welcome to attend training at the prison. A police clearance needs to be completed prior to being able to access prison either for training or to facilitate. If you are interested in either attending training at Acacia or facilitating contact Sally on the AVP number : 9371 5407 to arranged the appropriate clearance.

Below are some of the responses that were shared for the concentric circle topic “how can we improve AVP in Acacia?”

- ◆Stress that the workshops should not be done just for parole.
- ◆Write to the parole board explaining the role of AVP in the prison system.
- ◆Consider not awarding a certificate, which would remove the risk of the workshops being used for parole only purposes.
- ◆Have an email box set up in Acacia to improve communication between inside and outside.
- ◆Have a clearer process for filing reports.
- ◆Have regular meetings between inmate facilitators. This has happened recently with good results.
- ◆Should we be more proactive in taking steps towards accreditation? Its eventual implementation seems inevitable.
- ◆Organise catch-up meetings for participants a few weeks after the completion of a workshop to try to recapture some of the AVP ethos.
- ◆Have more role-playing in the workshops.
- ◆Organise guest speakers.

## **From the Minutes of the National Gathering 2009**

1. The Business Meeting agreed that Malcolm would continue as the AVP-Australia National Contact person. He is happy to relinquish this if someone else would like to volunteer.

2. Heather, John, Malcolm and Katherine agreed to form Communication Working Group until the next National Gathering, to connect AVP Australia and AVP International. Heather and Katherine are to convene and report back. The group will continue to update and communicate through AVP Australia network. They will establish security protocols.

3. Katherine, Shobha, Heather, Sabine, Jo and Jeff (from SA) are to form a National Working Group to plan the next National Gathering. Sally will seek volunteers from WA, Bev from Victoria. Working group to provide task descriptions

4. Heather, John, Sally, Katherine and Ken are to form a Working Group for the International Gathering 2010. They will communicate with and involve Asia-West Pacific region.

5. Application for funding from Quakers: Agreement at National Gathering 2009 that requests for funding be submitted to Aletia Dundas or Malcolm. Katherine to email members to advise this. The Quaker Peace and Justice Fund requested that AVP prioritise requests for funding before they are submitted.

6. States – WA Olwyn is to distribute information about the WA accreditation for AVP

Youth.

Other Business

7. Community building – John will write an article for distribution

8. Group agrees that members can be acknowledged by full name in manuals once their permission has been given. This amends the previous agreement.

9. Katherine reported that, further to the last National Gathering, contact has been made with our AVP neighbours. An Asia-West Pacific regional listserv has been formed to exchange information, build community and assist in the organisation of the next International Gathering. This invitation was accepted by the International Gathering 2008 with Nepal as the focus country with the potential participation of the rest of the regions. Our Asia-West Pacific Region has been acknowledged by the International Conference 2008.

10. An AVP-Prison Working Group will be created to promote the integrity of AVP, exchange of experience and best practices, open to AVP-Australia Prison facilitators, with at least one from each prison group.

Minutes - Lesley (AVP-Q)

## Consensus making helped along

Consensus Decision making, an activity for the advanced workshop has challenged many facilitators. Roger Walmlesy one of the original AVP – WA facilitators has provided the following as a guide.

### **Consensus Decision Making**

Everyone states their preferred position and explains the reasons for it. No one speaks a second time, until everyone has spoken.

Everyone listens carefully to everyone else. There are no interruptions.

The facilitator summarises the discussion thus far, and invites participants to shift their position if they wish.

Until agreement is reached, repeat the process, inviting participants to re-consider their preferred options in light of what is :  
BEST FOR THE GROUP.

With permission of the group, facilitator removes some of the least chosen options.

When unanimity has been reached, the facilitator summarises the decision and checks that

- A) everyone has been heard;
- B) everyone supports the decision.

This process was overlaid onto the posters-on- the-floor method, each one representing a topic around which the facilitators were prepared to craft the agenda. It was not an open slather approach, with any topics being suggested by participants. The topics included anger, fear, stereotyping, gender issues, communication, forgiveness, power, racism. After a brief introduction to the idea of consensus, then a reading of the above poster, participants were invited to literally stand on the topic of their choice, and then the outlined process was followed. The consensus decision-making exercise was skillfully handled by Roger, who produced this poster for the purpose.

*From community Advanced at Midland, February, 2009 (Roger Walmlesy's last workshop with AVP/ WA)*

"How you choose to respond each moment to the movie of life determines how you see the next frame, and the next, and eventually how you feel when the movie ends."

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## AVP-WA farewells Roger



Roger Walmlesy and his wife Trisha have left Western Australia to return to the United States to live.

As one of the original members of AVP-WA Roger has had a long association with AVP-WA. He has been an active member and an inspiration to many facilitators. His calm presence, wisdom and knowledge of AVP will be missed. AVP-WA wishes Roger and Trisha all the best for the future.

### **Up and coming Community / School Workshops**

#### **March 25**

Taster Morley

Jo & Sally

#### **March 26, 27, & 28**

Darling Range Sports College  
Jan, Phil, Brenda S & Sally H

#### **April 2 & 3**

Warnbro Community High School (overnight camp)

Olwyn, others needed contact  
Olwyn.Maddock@det.wa.edu.au

#### **April 18 & 19**

Community Basic

Chris Lyall, Sally Willmott, & Sally H. or ?

#### **May 23 & 24**

Community Advanced

Shane & others required

#### **June 25 & 26**

Warnbro Community High School Advanced

Olwyn, others required

Olwyn.Maddock@det.wa.edu.au

#### **August 27, 28, 29**

Warnbro Community High School T4F

Venue to be determined