**Violent … Non-violent spectrum examples**

1. Hitting someone back.

2. Getting hold of somebody to stop them hurting someone else.

3. Shouting at politicians.

4. Shouting on a march.

5. Killing animals for sport.

6. Killing animals to eat.

7. Destroying or damaging a military weapon as part of a peace campaign.

8. Destroying a work of art.

9. An artist destroying their own work of art.

10. Destroying a forest.

11. Breaking a window of a house to steal the TV.

12. Breaking the window of a bank investing in the arms trade.

13. Bombing a city.

14. Bombing a weapons depot.

15. Putting a bomb through a letterbox in an unoccupied house as part of a campaign to win votes for women.

16. Entering a military base dressed up as security people.

17. Handing out leaflets that say things that are not true.

18. Handing out leaflets that say things that are true.

19. Swearing at someone on social media.

20. Swearing at someone in real life (face to face).

21. Blocking a road to stop traffic to protest against pollution.

22. Blocking a road to stop traffic to protest against pollution which might stop ambulances from getting to a hospital

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