**Principles of non-violence**

The principles of non-violence (used as a basis for Turning the Tide’s <https://turningtide.org.uk/> work in the UK and in East Africa) are:

* Respect and care for everyone involved in a conflict, including our opponent.
* A willingness to take action for justice without giving into or responding with violence.
* A refusal to harm, damage or degrade people/living things/the earth as a means of achieving goals.
* If suffering is inevitable, a willingness to take it on oneself rather than inflict on others.
* A belief that everyone is capable of change and that the ‘opponent’s’ basic humanity can be reached.
* A recognition that no one has a monopoly of the truth, aiming to bring together ‘our truth’ and the ‘other’s’ truth.
* A belief that the means are the ends in the making, so the means have to be consistent with the ends.
* Openness rather than secrecy.
* Recognising the importance of training/practice so that non-violence thinking and behaviour become part of everyday life.

PTO for simplified version

**Principles of non-violence, simplified version:**

* We respect and care for everyone in a conflict, including the people we are against.
* We take action to make things fairer without using violence.
* We will not harm people, living things or the earth.
* We will not make other people suffer but be willing to suffer ourselves if necessary.
* We believe that everyone can change and it’s possible to reach anybody’s humanity.
* We know that there is not always one right answer to problems and that we may be mistaken.
* We believe that the way we do something should be consistent with what we want to achieve (e.g. not behaving violently to bring about peace).
* We try to be open in what we do rather than keeping secrets.
* We know it is important to learn and practice how to be non-violent so that non-violence can become part of everyday life.