**Why are active non-violent methods effective and desirable?**

* “Looking at hundreds of campaigns over the last century, Chenoweth found that nonviolent campaigns are twice as likely to achieve their goals as violent campaigns. And although the exact dynamics will depend on many factors, she has shown it takes around [**3.5% of the population actively participating in the protests to ensure serious political change**](https://www.nonviolent-conflict.org/resource/success-nonviolent-civil-resistance/).” <https://www.bbc.com/future/article/20190513-it-only-takes-35-of-people-to-change-the-world>
* “Chenoweth argues that nonviolent campaigns are more likely to succeed because they can recruit many more participants from a much broader demographic, which can cause severe disruption that paralyses normal urban life and the functioning of society.” <https://www.bbc.com/future/article/20190513-it-only-takes-35-of-people-to-change-the-world>
* “Whatever you achieve through violence you have to defend through violence Archbishop Santiago, Chile (A Force More Powerful, ICNC, <https://www.nonviolent-conflict.org/force-powerful-english/> )

* “Even when violence appears to succeed in the short term, in the long term it often leads to revenge and counter violence.” (War Resisters International <https://www.wri-irg.org/en> )
* “If people are treated with respect they are more likely to change their behaviour.” (War Resisters International <https://www.wri-irg.org/en> )
* “Refusing to run away or fight can cause opponents to reassess the situation and reconsider options rather than respond violently.” (War Resisters International <https://www.wri-irg.org/en> )

1. “Active nonviolence exercises power by withdrawing cooperation. When cooperation is withdrawn power holders lose their source of power.” (War Resisters International <https://www.wri-irg.org/en>)
2. “To regime elites, those engaged in civil resistance are more likely to appear as credible negotiating partners than are violent insurgents, thereby increasing the chance of winning concessions” (Chenoweth, E. & Stephan, M. J., 2011,Why ***Civil Resistance Works,*** Columbia University Press, New York*p.11*)
3. “You won’t have to carry on struggles against terrorists anymore because the people who might have become terrorists have instead chosen to use this kind of struggle to help out the oppressed people” Gene Sharp in ‘How to start a revolution’ 2013 <https://www.howtostartarevolution.org>
4. Acts of violence can lead people to lose sympathy with a cause.
5. “It’s really quite simple. The state has a monopoly of violence. What that means is that there is no way for the pubic, particularly in developed First World societies, to compete on the field of violence with their governments. That ought to be obvious. Our strong suit is information, facts, justice, disobedience, and especially numbers. Their strong suit is lying and especially exerting military power.’ Michael Albert *The Trajectory of Change* as quoted in Engler, M. and Engler, P. This is an Uprising
6. Non-violent direct action allows activists to “bring to the surface the hidden tension that is already alive” Martin Luther King Jr. (This is an Uprising p 238)
7. “Power is of two kinds. One is obtained by the fear of punishment and the other by acts of love. Power based on love is a thousand times more effective and permanent than the one derived from fear of punishment.” Mohandas K. Gandhi
8. “It is easier for states to justify violent crackdowns and draconian measures… to domestic and international audiences when they are challenged by an armed insurgency” (Chenoweth, E. & Stephan, M. J., 2011,Why ***Civil Resistance Works,*** Columbia University Press, New York*p.51*)
9. “When regimes crack down violently, reliance on a nonviolent strategy increases the probability of campaign success by about 22%.” (Chenoweth, E. & Stephan, M. J., 2011,Why ***Civil Resistance Works,*** Columbia University Press, New York*p.51*)
10. “Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it is the only thing that ever has.” Margaret Mead
11. “When people decide they want to be free…there is nothing that can stop them”. Archbishop Desmond Tutu
12. “Nonviolent confrontation creates a type of asymmetrical conflict that throws (authorities) off balance (those who are used to handling violence) “If the nonviolent group switches to violence, it has, in effect, consented to fight on the opponent’s own terms and with weapons where most of the advantages lie with him” (about Gene Sharp in Engler, M. and Engler P. 2017,***This is an Uprising*** Hachette. New Yorkp. 238)
13. “As Martin Luther King Jr. argued, nonviolent direct action allows activists to “bring to the surface the hidden tension that is already alive”. Yet if activists turn to violence themselves, it allows authorities to institute expanded repression in the name of restoring a state of ‘peace’ in which systemic abuses are once again submerged’. Engler, M. and Engler P. 2017,***This is an Uprising*** Hachette. New York p. 238
14. “Although sabotage and damage against property fall in a very different oral category than violence against human targets, the public tends to conflate these categories – people can be put at risk…historically there have been all too many cases when people have been unintentionally injured or even killed when bombs go off and buildings burn. In street demonstrations, those interested in breaking store windows or smashing cop cars also tend to be willing to actively fight with police, especially if it allows them to escape capture.” Engler, M. and Engler P. 2017,***This is an Uprising*** Hachette. New York p. 240
15. “Ploughshares activist Sachio Ko-Yin, who served more than two years in prison for hammering and pouring blood on a missile silo, asserted his "respect for the Black Bloc participants" and their "sincere desire to end the corporate globalization!" Yet he wrote of their actions, "When several people destroy property in a frenzy (and my impression is that some Black Bloc actions have been frenzied)... I would call it rioting... But because it is so challenging to a property-conscious society, our emphasis on nonviolence and non-hatred has to be so much stronger... out of ***reflection*** ***rather than rage***." <https://www.warresisters.org/win/win-spring-2015/still-relevant-what-makes-action-nonviolent-my-favorite-issue-july-august-2001>