# Non-Violent Communication

## From Youth Advocacy to Everyday Life

## Core Philosophy

At FYP, we believe all people are fundamentally kind and that compassion is the bridge that helps us overcome any differences in interests, beliefs, identities, and groups. Non-violent communication is not just a technique but a fundamental pathway to transform how we relate to ourselves, to each other, and to our world.

# The Path of Communication

## Level 1: Self to Self

## Level 2: Within Youth Movements

## Level 3: In Advocacy Work

## Level 4: In Everyday Life

# Core Framework

## 1. Observation Without Judgment

*The art of seeing clearly*

**In Youth Advocacy:**

> "I notice our last three events had lower youth turnout than expected."
> Instead of: "Our events are failing because no one cares."

**In Social Movements:**

> " "The policy draft doesn't include specific youth mental health provisions."
> Instead of: "They're ignoring youth voices again."

**In Daily Life:**

> " "You've missed our last two planned meetups without message."
> Instead of: "You're such an unreliable friend."

# 2. Feelings Without Attribution

*The practice of honest expression*

**In Youth Advocacy:**

> " "I feel worried about our community engagement goals."
> Instead of: "You're not doing enough outreach."

**In Social Movements:**

> " "I feel frustrated when youth voices are missing from these discussions."
> Instead of: "Adults never listen to young people."

**In Daily Life:**

> " "I feel lonely when we don't connect regularly."
> Instead of: "You never make time for me."

# 3. Needs Without Demands

*The foundation of connection*

**In Youth Advocacy:**

> ❝ "I need clarity about our project timeline to coordinate effectively."
> Instead of: "You need to be more organized."

**In Social Movements:**

> ❝ "We need transparent processes to ensure youth participation."
> Instead of: "Your system is broken and exclusionary."

**In Daily Life:**

> ❝ "I need occasional quiet time to recharge."
> Instead of: "You're too demanding of my time."

# 4. Requests Without Commands

*The bridge to action*

**In Youth Advocacy:**

> ❝ "Would you be willing to co-create an outreach strategy with me?"
> Instead of: "Start doing more outreach."

**In Social Movements:**

> ❝ "Could we establish regular youth feedback sessions?"
> Instead of: "You must include youth in your process."

**In Daily Life:**

> "Would you be open to setting up a weekly check-in?"
> Instead of: "Text me more often."

# Practical Applications Across Contexts

## In Youth Organizations

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1. Internal Communication

   - Clear role expectations

   - Regular feedback loops

   - Supportive accountability


2. Community Building

   - Inclusive language

   - Cultural sensitivity

   - Space for all voices


3. Conflict Resolution

   - Focus on shared goals

   - Acknowledge all perspectives

   - Seek collaborative solutions
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## In Advocacy Work

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1. Stakeholder Engagement

   - Respect for experience

   - Clear articulation of needs

   - Collaborative approach


2. Policy Discussions

   - Data-driven observations

   - Impact-focused language

   - Actionable proposals


3. Coalition Building

   - Shared values emphasis
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      - Bridge-building language

      - Unity in diversity
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# In Personal Life

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1. Family Relationships

   - Emotional honesty

   - Boundary respect

   - Growth mindset


2. Friendships

   - Active listening

   - Authentic expression

   - Mutual support


3. Professional Settings

   - Clear communication

   - Constructive feedback

   - Solution focus
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# Common Challenges and Responses

## 1. Power Dynamics

**Challenge:** Communicating with authority figures or institutions
**Response:** Focus on shared goals and mutual benefits while maintaining authenticity

## 2. Emotional Intensity

**Challenge:** Managing strong feelings during important discussions
**Response:** Practice pause and reflection, use feeling words precisely

## 3. Cultural Differences

**Challenge:** Navigating diverse communication styles
**Response:** Lead with curiosity and cultural humility

# Remember

- Start with self-compassion
- Practice makes progress
- Every interaction is an opportunity
- Connection before correction

# Implementation Steps

## For Beginners

1. Start with self-observation
2. Practice one component at a time
3. Begin in low-stakes situations
4. Seek feedback from trusted friends

## For Advocates

1. Model in movement spaces
2. Create supportive practice environments
3. Integrate into organizational culture
4. Build training capacity

## For Daily Life

1. Choose one relationship to practice
2. Share your learning journey
3. Celebrate small successes
4. Build supportive habits

# Transformation Process

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Individual Practice

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Movement Integration

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Social Change
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# Core Commitments

1. **To Ourselves:**
   - Regular self-reflection
   - Ongoing learning
   - Compassionate self-talk
2. **To Our Movements:**
   - Authentic leadership
   - Inclusive practices
   - Sustainable activism
3. **To Our World:**
   - Bridge-building
   - Peace-making
   - Community-strengthening

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*"Through compassionate communication, we don't just change conversations—we transform relationships, movements, and ultimately, our world."*

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