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:

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> "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
↓
Social Change
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Cultural Transformation
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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

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

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