

Nonviolence and Violence

At a Glance



Nonviolence is an attitude towards life whose key feature is the rejection and repudiation of all forms of violence. Its methodology of action, active nonviolence, seeks a profound transformation of oneself and of the social conditions that lead to suffering and violence in human beings.

In contrast, “violence” is anything that dehumanizes or objectifies people, that ignores or suppresses their intention, opinion or point-of-view. Physical violence is only one type of violence, and is often just the final expression of violence, once other types of violence have already been applied:

Economic Violence occurs when people are harmed through their economic situation, when their basic needs are threatened, when legitimate earnings and property are appropriated. Examples: exploitation, monopolization, economic intimidation, speculation, theft, usury, fraud, etc.

Religious Violence occurs when someone harms others because of their religious beliefs (or lack thereof). Examples: intolerance, fanaticism, fundamentalism, holy wars, imposing a belief, etc.

Racial Violence occurs when someone is discriminated against because their physical appearance is different from someone else’s. Examples: segregation, supremacist theories, stereotyping, institutionalized racism, etc.

Sexual Violence occurs when others are harmed or discriminated against because of their gender, gender identity or sexual orientation. Examples: sexism, homophobia, etc.

Psychological Violence occurs when people are harmed psychologically, mentally, morally or emotionally. For ex.: threats, imposition of ideologies, customs, lifestyles; negative or false propaganda; censorship; disinformation, etc.

Organized, united and participative nonviolence is the only force capable of changing the violent and inhuman direction of so many developments in the world today. Nonviolence is the path of humanizing ourselves and those around us, even when we are in disagreement. It is the only true path to peace.



Humanist Movement

more info: www.worldmarchusa.net (US) • www.theworldmarch.org (International)