

## Program Descriptions

Based on its experience with hundreds of educational institutions in the United States, Canada, England, and Switzerland, NCBI offers effective violence prevention programs for schools at every age level, from pre-school through college. NCBI has designed comprehensive programs for entire school systems, working in consultation with faculty, students, parents, and community representatives. NCBI has also worked one-on-one with individual teachers, designing simple, yet effective, programs that teachers can use in their classrooms. NCBI works with its clients to design innovative programs that respond to the unique challenges a particular school may face.

**In England,** NCBI has pioneered programs that deal with the problem of bullying in schools, recognizing that the harsh treatment students encounter at the hands of their fellow students has far-reaching social consequences.

**In Switzerland,** NCBI has implemented a comprehensive violence prevention curriculum in hundreds of classrooms, assisting students and teachers to explore their experiences of violence; their attitudes as victims, witnesses, and perpetrators; and their roles in becoming more effective peacemakers.

**In the United States,** NCBI has designed systemic violence prevention programs, creating student-led teams that can work effectively with their peers.

## NCBI Violence Prevention Workshop

NCBI has developed an award-winning violence prevention curriculum, the *NCBI Violence Prevention Workshop*. The program empowers young people to create and maintain healthy, nonviolent schools and communities.

## Objectives

Through a guided set of experiential exercises, young people learn

- To identify ways to prevent violence,
- To recognize the nature and causes of violence,
- To heal from the effects of violence,
- To use nonviolent intervention techniques, and
- To implement team-building and prevention-oriented strategies.

## Four Principles

The *NCBI Violence Prevention Workshop* relies on four principles.

1. **Loving Yourself.** Young people who feel good about themselves are able to feel good about others.
2. **Caring for Others.** Uncaring attitudes are in large part responsible for the proliferation of violence. When no one cares, no one sees destructive behavior.
3. **Witnessing.** Since acts of violence are often cowardly, committed out-of-sight, in the dark, or behind closed doors, letting the world know that someone is watching makes a difference.
4. **Taking Action.** NCBI equips young people with action strategies that are creative, non-confrontational, and empowering.