

Learning alternative ways to deal with stressors

AVP Workshop at Child Correction Home, Bhaktapur

Alternatives to Violence Program (AVP): provides an experiential learning platform for the participants that helps them learn conflict resolution without resorting to violence, manipulation, and coercion. AVP, established in prison and grew out of the experiences of those who had served time in prison, promotes the idea that everyone has the intrinsic ability to change the world—first and foremost, oneself.






Principles of AVP (AVP Mandala of Transforming Power)

Executive Summary

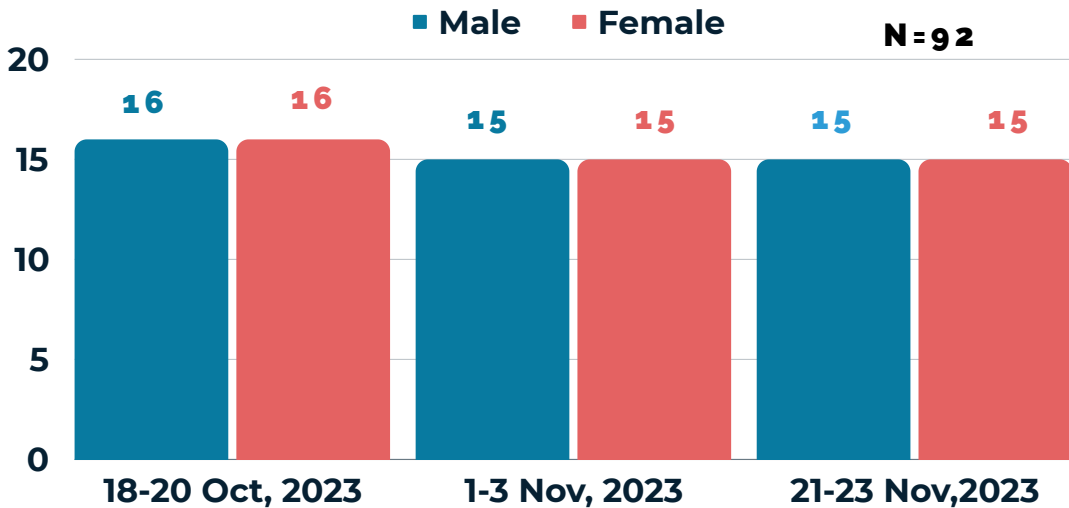
In collaboration with UNICEF, TPO Nepal conducted three batches (and six events) of AVP workshops at the Child Correction Home in Bhaktapur. These events were all 3-days intensive workshops targeted to the Juvenile inmates serving their detainment period at the Child Correction Home, Bhaktapur, to help them acquire essential skills in conflict resolution, empathy, and nonviolent communication.

The program was conducted in light of an unfortunate incident that took place in late August 2023, during which the juvenile detainees flew away from the correction home after a clash between them and security personnel. The main reason identified for the crash was one of the undertrials losing his life due to the carelessness of the correction home, which provoked anger and resentment among other delinquents

Key Objectives

-  To reduce the violent behavior and promote non-violent behavior among the children and adolescents at the Correction Home, Bhaktapur
-  To reduce the fear among them given the past unfortunate event
-  To foster team building and positive relationships between the children and adolescents

DISAGGREGATION OF THE PARTICIPANTS BY GENDER



Results and Participants' Reflections

The youths/ children residing in the correctional facility were placed due to the manifestation of aggressive and deviant behaviors. The implementation of AVP at the correction facility was deemed necessary to motivate the residents to effectively address and manage aggressive and deviant behaviors.

The youths and children responded that the workshops helped them understand their deviant behavior and deal with negative emotions like anger and resentment in a non-harmful manner. They also mentioned that activities in the workshop that focused on mind-body coordination helped them express such negative emotions healthily. Last but not least, the "sharing" that happened after each activity was effective in making them realize that different individuals might perceive the same situation differently and making them more accepting and flexible in understanding others' perspectives. Some of the responses from the participants are as follows:



"The AVP workshop has been a transformative experience because it has now made me take full responsibility for demonstrating non-violent ways to resolve conflict. Thinking before acting was the most impactful session for me, and I wholeheartedly recommend conducting this workshop regularly in the future."

-A female participant



"Before this workshop, I used to call our friends by names that would offend them (for example, "Kale", "Bhunte". But now, I have learned that I should not do that because a reason as simple as that can also cause conflict."

-A male participant

