**The Various Uses of Nonviolence**

**For resolving conflict**

A primary use of nonviolence is for problem solving. It can be used in several Ways in third-party intervention to resolve conflict between two or more opponents. Examples include mediation and crowd control or riot prevention.

The need for nonviolence in many other areas of police Work is becoming apparent. It is useful in resolving neighborhood disputes, in stopping fights or arguments, and in handling criminals. Through the use of nonviolent methods, a community can work and learn together, becoming more of a community. Caring about each other and helping each other deters crime and acts of violence

**For personal self defense**

Nonviolence can be used for situations in which negotiation is not an option. As pointed out in Dorothy Samuel’s Safe Passage on City Streets, the techniques of nonviolence have been used successfully by individuals many times to repel attackers, even armed ones. Nonviolent self defense is based upon a person’s refusal to act in a victim-like manner, and involves assault prevention as well as resistance.

**For social protest and reform**

The movement of Gandhi to free India from English control and that of Martin Luther King, Jr. to free blacks from oppressive cultural patterns in the United States is classic examples of the use of nonviolent methods for social protest and reform. They were both successful against vastly stronger forces.

Even one person can begin a nonviolent struggle against something she or he feels is wrong. Growing support may become wide enough for success. Nonviolent resistance can be for change of government as in India or for reform of government as in the U.S. lt confronts established authority in either case but seeks a just and stable society rather than disruption. Nonviolent change will relieve the tensions, frustrations, and injustices that are the causes of war and violence.

**For national defense**

More and more people are realizing the impracticality of military defense as we are urged to spend more and more of our tax dollars for military-related expenses. Risking one million Americans deaths in a nuclear war is not a practical defense. Nuclear deterrence doe not promote national security. It threatens it. Every arms race has ended in War, not peace. The arms race continues. Its tremendous cost impoverishes the country and the world. Yet We spend more and more because we do not realize that nonviolence has defended countries successfully. Norway’s and Denmark’s defenses against Hitler’s army and Czechoslovakia’s defense against the 1968 Soviet invasion are examples. To use nonviolence in this manner requires a new national policy decision because so many people must become involved in a trained, disciplined effort. An invading army cannot subjugate a country whose people resist nonviolently together.

Our education and culture have emphasized the military or violent history of change. If we are to have peace and security, We must teach and develop the history and the practice of nonviolence.