



*Affirming the vision and practice of active nonviolence
at the heart of the Catholic Church.*

A project of Pax Christi International

Active nonviolence

Active nonviolence is a way of life, a positive and powerful force for social change, and a means of building a global community committed to the well-being of all.

It is a virtue that recognizes the truth of our equal dignity and ultimate unity. It is a process for ending violence without violence or lethal force; for transforming conflict; and for protecting the vulnerable. Active nonviolence is a stand for justice and a method for helping to create it. It pursues this goal, not with passivity or violence, but with creative engagement and determined resistance.

Mobilizing courageous and creative people-power, nonviolence does not escape conflict but actively and powerfully engages and transforms it. People throughout the world have used active nonviolence to end injustice and foster reconciliation, to resist war and build peace, to safeguard the infinite worth of the human person, and to care for creation.¹

*Some key practices of active nonviolence:*²

- Conflict transformation
- Trauma-healing
- Restorative justice
- Nonviolent resistance
- Unarmed civilian protection
- Nonviolent civilian-based defense

¹ For more on Jesus and nonviolence, <https://nonviolencejustpeace.net/framing-papers/>

² For more details see <https://nonviolencejustpeace.net/resources/> or additional resources here <https://nonviolencejustpeace.net/world-day-of-peace-2017/>.