

ALL ARE WELCOME
TO THE

Season for Nonviolence

HOSTED BY THE SEASON FOR NONVIOLENCE
COLLECTIVE AND THE MAYOR'S YOUTH
LEADERS IN ACTION (MYLA)



The Season for Nonviolence is celebrated annually from January 30 to April 4 as a national 64-day educational, media, and grassroots campaign dedicated to demonstrating that non-violence is a powerful way to heal, transform, and empower our lives and our communities.

MYLA is a leadership group of diverse middle and high school students, that exists to be a positive force in the community through service, leadership, education and representation. One of their current projects is the implementation of The Season for Nonviolence in the Virginia Beach schools.

This practical booklet created for the MYLA Youth, contains a list of Movies, Books, Quotes and Songs related to the Season. Pick one or more from the list to share over the morning announcements in your school!

Season for Nonviolence

BOOK LIST

1. *I Am Malala* by Christina Lamb and Malala Yousafzai
2. *This Is an Uprising: How Nonviolent Revolt is Shaping the 21st Century* by Mark Engler and Paul Engler
3. *An Autobiography: My Experience with Truth* by Mahatma Gandhi
4. *What Does Peace Feel Like?* By Vladimir Radunsky
5. *Why Civil Resistance Works* by Erica Chenoweth
6. *A Force More Powerful* by Peter Ackerman and Jack DuVall
7. *Peace* by Wendy Anderson Halperin
8. *Nonviolence: The History of a Dangerous Idea* by Mark Kurlansky
9. *A Testament of Hope* by James Washington
10. *Nonviolent Soldier of Islam* by Eknath Easwaran
11. *Paths to Peace: People Who Change the World* by Jane Breskin Zalben
12. *Gandhi Searches for Truth: A Practical Biography for Children* by Stephanie Van Hook
13. *Hope or Terror: Gandhi and the Other 9/11* by Michael N. Nagler
14. *The Dreamer* by Pam Muñoz Ryan

15. *Beyond Forgiveness: Reflections on Atonement* by Phil Cousineau
16. *Last Stop on Market Street* by Matt de la Peña
17. *The House on Mango Street* by Sandra Cisneros
18. *Happy in Our Skin* by Fran Manushkin
19. *It's Okay to Be Different* by Todd Parr
20. *One Crazy Summer* by Rita Williams-Garcia
21. *The Colors of Us* by Karen Katz
22. *The Crossover* by Kwame Alexander
23. *Wishtree* by Katherine Applegate
24. *Can We Talk About Race?* By Beverly Daniel Tatum
25. *Daddy, Papa, and Me* by Lesléa Newman
26. *The Blossoming Universe of Violet Diamond* by Brenda Woods
27. *Pink Is for Boys* by Rob Pearlman
28. *This Is How We Do It* by Matt Lamothe
29. *Becoming* by Michelle Obama
30. *All Are Welcome* by Alexandra Penfold
31. *The Compassionate Life: Walking the Path of Kindness* by Marc Ian Barasch
32. *The Story of Martin Luther King Jr.* by Johnny Ray Moore

SONG LIST

1. *A Change Is Gonna Come* by Sam Cooke
2. *Better Together* by Jack Johnson
3. *Blowing in The Wind* by Bob Dylan
4. *Brave* by Sara Bareilles
5. *Change* by Carrie Underwood
6. *Change* by Christina Aguilera
7. *Change the World* by Colby & Awu
8. *Do Something* by Matthew West
9. *Don't Let the Sun Go Down on Your Grievances* by Daniel Johnston
10. *Fussing and Fighting* by Bob Marley and The Wailers
11. *Give Me Love* by George Harrison
12. *Heal the World* by Michael Jackson
13. *If You're Out There* by John Legend
14. *Imagine* by John Lennon
15. *Let It Grow* by Eric Clapton
16. *Make a Little Wave* by Demi Lovato and Joe Jonas
17. *Man in the Mirror* by Michael Jackson
18. *Once a Day* by Michael Franti & Spearhead featuring Sonna Rele
19. *One Day* by Matisyahu

20. *One Love* by Bob Marley
21. *One Man Can Change the World* by Big Sean (featuring Kanye West & John Legend)
22. *One Song, A Song for World Peace and Togetherness* by Mitchell Jay
23. *One Tribe* by Black Eyed Peas
24. *Peace on Earth* by U2
25. *Peace* by Luminaries
26. *Same Love* by Macklemore
27. *Seasons of Love* by Rent
28. *Spiritual Revolutionary* by Nabil and Karim
29. *Turn! Turn! Turn!* by The Byrd's
30. *Undivided* by Bon Jovi
31. *Waiting on The World to Change* by John Mayer
32. *Waka* by Shakira
33. *We Are Family* by Sister Sledge
34. *We Gotta Pray* by Alicia Keys
35. *We've Had Enough* by Michael Jackson
36. *What About Now* by Daughtry
37. *Where Is The Love* by Black Eyed Peas
38. *With My Own Two Hands* by Ben Harper

Season for Nonviolence

QUOTE LIST

1. "Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him."-*Martin Luther King, Jr*
2. "We may never be strong enough to be entirely nonviolent in thought, word and deed. But we must keep nonviolence as our goal and make strong progress towards it."-*Mahatma Gandhi*
3. "Love is the only force capable of transforming an enemy into a friend." - *Martin Luther King, Jr*
4. "Spread love everywhere you go. Let no one ever come to you without leaving happier."- *Mother Teresa*
5. "Happiness is when what you think, what you say, and what you do are in harmony." - *Mahatma Gandhi*
6. "You don't need anybody to tell you who you are or what you are. You are what you are!"-*John Lennon*
7. "In place of weapons of violence, you have to use your mind, your heart, your sense of humor, every faculty available to you."-
Joan Baez
8. "One child, one teacher, one book, one pen can change the world."-*Malala Yousafzai*
9. "Nonviolence is a powerful and just weapon. Indeed, it is a weapon unique in history, which cuts without wounding and ennoble the man who wields it."-*Martin Luther King, Jr*
10. "Consider all of the possibilities for positive global progress if we utilized nonviolence as the central value of our culture."-
Bernice King
11. "Nonviolence is the first article of my faith. It is also the last article of my creed."- *Mahatma Gandhi*
12. "Kind words can be short and easy to speak, but their echoes are truly endless."-*Mother Teresa*
13. "We must start teaching our children the sanity of nonviolence much earlier."-*Alice Walker*
14. "Love recognizes no barriers."-*Maya Angelou*
15. "All nonviolence is organized love" -*Joan Baez*
16. "There is no such thing as defeat in non-violence."-*Cesar Chavez*
17. "Peace, unity, love, and nonviolence should be our rallying cry and the catalyst for change in our nation."-*Tony Evans*
18. "Nonviolence is the only credible response to the violence we're seeing around the world."-*Coretta Scott*
19. "I have decided to stick to love; hate is too great a burden to bear."-*Martin Luther King, Jr*
20. "One of the principles of nonviolence is that you leave your opponents whole and better off than you found them."-*Andrew Young*
21. "We are called to live nonviolently not because we believe nonviolence is a strategy to rid the world of war, but in a world of war, we cannot imagine being anything other than nonviolent."-*Stanley Hauerwas*
22. "Nonviolence is a way of thinking and living and is not confined to the work of social and systemic change."-*Bernice King*
23. "Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him." - *Martin Luther King, Jr.*
24. "We know that peace is only possible when it is the fruit of justice. True peace is a profound transformation by means of the force of nonviolence that is the power of love."- *Adolfo Perez*
25. "Nonviolence will empower and equip us to bring generations to the table and fuse our knowledge, gifts, and zeal together."-
Bernice King
26. "Nonviolence is a weapon of the strong." - *Mahatma Gandhi*
27. "If each of us works toward making a sincere effort when we wake up each morning with a renewed commitment and dedication to embracing nonviolence as a lifestyle, this world will become a better place, bringing us ever closer to the Beloved Community of which my father so often spoke."-*Bernice King*
28. "Love is the answer, and you know that for sure. Love is a flower, you've got to let it grow."-*John Lennon*
29. "Nonviolence is absolute commitment to the way of love. Love is not emotional bash; it is not empty sentimentalism. It is the active outpouring of one's whole being into the being of another." - *Martin Luther King, Jr*
30. "In nonviolence you must go full steam ahead, if you want the good to come speedily you must go about it with vigor."-*Vinoba Bhave*
31. "I have found the paradox that if I love until it hurts, then there is no hurt, but only more love."-*Mother Teresa*

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32. "In spite of temporary victories, violence never brings permanent peace"-*Martin Luther King, Jr*
33. "I object to violence because when it appears to do good; the good is only temporary, the evil is permanent"-*Mahatma Gandhi*
34. "We do not need guns and bombs to bring peace. We need love and compassion"- *Mother Teresa*
35. "I raise my voice not so that I can shout, but so that those without a voice can be heard" - *Malala Yousafzai*
36. "Love and peace of mind do protect us. They allow us to overcome the problems that life hands us. They teach us to survive... to live now... to have the courage to confront each day."-*Bernie Siegel*
37. "Do not let the behavior of others destroy your inner peace."-*Dalai Lama*
38. "The future depends on what you do today." - *Mahatma Gandhi*
39. "Peace is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, quietly building new structures."-*John F. Kennedy*
40. "Peace is a day-to-day problem, the product of a multitude of events and judgments. Peace is not an 'is,' it is a 'becoming.'" -*Haile Selassie*
41. "I object to violence because when it appears to do good, the good is only temporary; the evil it does is permanent." -Mahatma Gandhi
42. "Peace is its own reward."-Mahatma Gandhi
43. "It may seem sometimes as if a culture of peace does not stand a chance against the culture of war...But peace is in our hands. We can do it."-Kofi Annan
44. "The best thing to hold onto in life is each other."-Audrey Hepburn
45. "Everybody can be great ...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love." - Martin Luther King, Jr
46. "Love is an endless act of forgiveness."-Beyoncé
47. "Sometimes it's a form of love just to talk to somebody that you have nothing in common with and still be fascinated by their presence."-David Byrne
48. "There is no hope for the aching world except through the narrow and straight path of nonviolence."-Mahatma Gandhi
49. "We may never be strong enough to be entirely nonviolent in thought, word and deed. But we must keep nonviolence as our goal and make strong progress towards it."-Mahatma Gandhi
50. "Victory attained by violence is tantamount to defeat, for it is only momentary."-Mahatma Gandhi
51. "We realize the importance of our voices only when we are silenced."-Malala Yousafzai
52. "The greatest challenge of the day is: how to bring about a revolution of the heart, a revolution which has to start with each one of us?"-Dorothy Day
53. "If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create."-John Lennon
54. "At the center of non-violence stands the principle of love."- Martin Luther King Jr
55. "If we have no peace, it is because we have forgotten that we belong to each other."-Mother Teresa
56. "Martin Luther King Jr. taught us through his philosophy of nonviolence, which placed love at the centerpiece, that through that love we can turn enemies into friends. Through that love, we can create more dignified atmospheres."-Bernice King
57. "Man becomes great exactly in the degree in which he works for the welfare of his fellow-men."-Mahatma Gandhi
58. "The end of all knowledge should be a service to others."-Cesar Chavez
59. "If everyone demanded peace instead of another TV, then there'd be peace."-John Lennon
60. "To lose patience is to lose the battle." - Mahatma Gandhi
61. "Non-violence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of man." - Mahatma Gandhi
62. "Peace begins with a smile."-Mother Teresa

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MOVIE LIST

1. **The Boy in the Striped Pajamas (2008) PG - 13**

Through the innocent eyes of Bruno, the eight-year-old son of the commandant at a German concentration camp, a forbidden friendship with a Jewish boy on the other side of the camp fence has startling and unexpected consequences.

2. **Wonder (2017) PG**

Based on the New York Times bestseller, this movie tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters the fifth grade, attending a mainstream elementary school for the first time.

3. **Selma (2014) PG - 13**

Dr. Martin Luther King Jr. and his followers pressed forward on an epic march from Selma to Montgomery, and their efforts culminated in President Lyndon Johnson signing the Voting Rights Act of 1965.

4. **Healing the Wounds of War (2004)**

A film about the work of Paula Green and the U.S.-based Karuna Center For Peace Building with Serb and Muslim teachers seeking to rebuild and reunite their devastated communities in the aftermath of the war in Bosnia.

5. **King in the Wilderness (2018)**

A portrait of Martin Luther King Jr. during the last years of his life, from his part in the Voting Rights Act of 1965 to his assassination in 1968.

6. **Gandhi (1982) PG**

This acclaimed biographical drama presents major events in the life of Mohandas Gandhi, the beloved Indian leader who stood against British rule over his country. Dedicated to the concept of nonviolent resistance, Gandhi is initially dismissed by English officials, including the influential Lord Irwin, but eventually he and his cause become internationally renowned, and his gatherings of passive protest move India towards independence.

7. **Gracie (2007) PG - 13**

A teenager faces an uphill battle when she fights to give women the opportunity to play competitive soccer. Gracie finds reserves of strength she never knew existed, and persists in changing everyone's beliefs in what she is capable of, including her own.

8. **How to Train Your Dragon (2010) PG**

Hiccup ventures out into battle and downs a mysterious Night Fury dragon with his invention, but can't bring himself to kill it. Instead, Hiccup and the dragon, whom he dubs 'Toothless', begin a friendship that would open up both their worlds as the observant boy learns that his people have misjudged the species. But even as the two each take flight on their own way, they find that they must fight the destructive ignorance plaguing their world.

9. **War Horse (2011) PG - 13**

War Horse begins with the remarkable friendship between a horse named Joey and a young man called Albert, who tames and trains him. When they are forcefully parted, the film follows the extraordinary journey of the horse as he moves through the war, changing and inspiring the lives of all those he meets-British cavalry, German soldiers, and a French farmer and his granddaughter.

10. **Forrest Gump (1994) PG-13**

Forrest Gump is a simple man with a low I.Q. but good intentions. Forrest joins the army for service in Vietnam, finding new friends called Dan and Bubba, he wins medals, creates a famous shrimp fishing fleet, inspires people to jog, starts a ping-pong craze, creates the smiley, writes bumper stickers and songs, donates to people and meets the president several times. In the end all he wants to prove is that anyone can love anyone.

11. **Agneta (2018) PG**

Agneta is a documentary film about the life of the now 80-year-old Swedish peace activist Agneta Norberg. Through Agneta's extraordinary and humorous personality, the documentary explores questions of what it means to be an activist, how a third world war can be avoided, and what it takes for people with dissenting views to make their voices heard in the 21st century.

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MOVIE LIST

12. The Iron Giant (1999)

A giant alien robot crash-lands near the small town of Rockwell, Maine, in 1957.

Exploring the area, a local 9-year-old boy, Hogarth, discovers the robot, and soon forms an unlikely friendship with him.

When a paranoid government agent, Kent Mansley, becomes determined to destroy the robot, Hogarth and beatnik Dean McCoppin must do what they can to save the misunderstood machine.

13. Buddha's Lost Children (2006)

Buddha's Lost Children is a feature-length documentary film about a Thai Buddhist monk who - armed only with his faith and skills and master boxer skills - wages an inspirational battle to help orphaned children, fight drug abuse, and preserve a vanishing way of life.

14. The Children's March (2004)

Tells the story of how the young people of Birmingham, Alabama, braved fire hoses and police dogs in 1963 and brought segregation to its knees. Their heroism complements discussions about the ability of today's young people to be catalysts for positive social change.

15. Goodnight Mister Tom (1998)

Tom Oakley is a cantankerous old man who, at the start of World War II, finds his life irrevocably changed when little Willie Beech is evacuated from London and sent to live with him. Willie is a quiet, sad child with a disturbing past, but through Tom's friendship and attention, Willie's anxieties are smoothed away and a strong bond develops between this unlikely pair.

16. The Karate Kid (2010) PG

When his mother's career results in a move to China, 12-year-old Dre Parker finds that he is a stranger in a strange land.

Though he knows a little karate, his fighting skills are no match for Cheng, the school bully. Dre finds a friend in Mr. Han, a maintenance man who is also a martial-arts master. Dre soon learns that Kung Fu is about self-defense and peace, instead of violence and bloodshed.

17. Monsters University (2013) G

Ever since he was a kid monster, Mike Wazowski has dreamed of becoming a Scarer. To make his dream a reality, he enrolls at Monsters University. During his first semester, he meets Sulley, a natural-born Scarer. Sulley and Mike engage in a fierce rivalry that ultimately gets them both kicked out of MU's Elite Scare Program. To make things right, Mike and Sulley - along with a bunch of misfit monsters - will have to learn to work together.

18. He Named Me Malala (2015)

'He Named Me Malala' is a moving, engrossing, but also delightful documentary about Nobel Prize winner Malala Yousafzai, an uncommonly brave teenage girl who's also a world-renowned human rights activist. The film is frank about everything that led to Malala's shooting in 2012, including the increasingly turbulent politics that fed into the event and the subsequent challenges she faced - and continues to face - as she moves forward.

19. Wadjda (2013) PG

This first feature film shot entirely in Saudi Arabia is the story of a young girl living in a suburb of Riyadh determined to raise enough money to buy a bike in a society that sees bicycles as dangerous to a girl's virtue. Even more impressive, WADJDA is the first feature film made by a female Saudi filmmaker. In a country where cinemas are banned and women cannot drive or vote, writer- director Haifaa Al Mansour has broken many barriers with her new film.

20. Little Boy (2015) PG-13

When auto mechanic James Busbee is sent to fight the Japanese during World War II, he leaves behind his wife and two sons, London and Pepper. Pepper feels his father'S absence most keenly, and can't wait for him to return home. An encounter with a magician and advice from a priest convince Pepper that the power to bring his dad back safely may be within himself and his actions.

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21. At the Gate: Palestinian Nonviolence (2010)

"Why don't Palestinians just use nonviolence - they will surely win?"; ask many well-meaning people. This original documentary film answers the question. Palestinians have been using nonviolent resistance for all of their history. Hear in their own voices how and why it works.

22. The Blind Side (2009) PG-13

Based on the true story of Leigh Anne Tuohy and Sean Tuohy who take in a homeless teenage African-American, Michael Oher. Michael has no idea who his father is and his mother is a drug addict. Leigh Anne soon takes charge however, as is her nature, ensuring that the young man has every opportunity to succeed. When he expresses an interest in football, she goes all out to help him, including giving the coach a few ideas on how best to use Michael's skills. They not only provide him with a loving home, but hire a tutor to help him improve his grades to the point where he would qualify for an NCAA Division I athletic scholarship.

23. The Intouchables (2012) R

An irreverent, uplifting comedy about friendship, trust and human possibility, *The Intouchables* has broken box office records in its native France and across Europe. Based on a true story of friendship between a handicap millionaire and his street smart ex-convicted caretaker. *The Intouchables* depicts an unlikely camaraderie rooted in honesty and humor between two individuals who, on the surface, would seem to have nothing in common.

24. Road to Peace: Ancient Wisdom of the 14th Dalai Lama of Tibet (2012)

The Dalai Lama travels around Great Britain sharing his spiritual and humanitarian message.

25. The Good Lie (2014) PG - 13

Four Sudanese children are orphaned after their village is massacred in the Second Sudanese Civil War. Years later, these youths are among 3600 selected for Resettlement in America, only to have the one girl among them sent to Boston, while the three boys must make a new life in Kansas City. Together, these young men must adjust to an alien culture even as the emotional baggage of their past haunts them.

26. Seven Years in Tibet (1997) PG - 13

The story of Austrian mountaineer Heinrich Harrer, whose attempt to scale a Himalayan peak is interrupted by the Second World War. After many adventures, he finds himself in Tibet where he befriends the Dalai Lama, gaining maturity and humility. However, turbulent times lie ahead.

27. A Brilliant Mind (2014) PG - 13

In a world difficult to comprehend, Nathan struggles to connect with those around him - most of all his loving mother - but finds comfort in numbers. When Nathan is taken under the wing of unconventional and anarchic teacher, Mr. Humphreys, the pair forge an unusual friendship and Nathan's talents win him a place on the UK team at the International Mathematics Olympiad. From suburban England to bustling Taipei and back again, Nathan builds complex relationships as he is confronted by the irrational nature of love.

28. Mandela: The Living Legend (2003)

A recent biography of Nelson Mandela produced by the BBC. It includes extensive archival news coverage along with interviews with Mandela, Bill Clinton, Fidel Castro, and Desmond Tutu.

29. My Name is Khan (2010) PG-13

A benevolent Muslim Asperger's sufferer, Rizwan Khan marries a Hindu single mother, Mandira, in San Francisco. After 9/11, Rizwan is detained by authorities at LAX who mistake his disability for suspicious behavior. Following his arrest, he meets Radha, a therapist who helps him deal with his situation and his affliction. Rizwan then begins a journey to meet US President Bush to clear his name.

30. Encounter Point (2006)

The story of an Israeli settler, a Palestinian ex-prisoner, a bereaved Israeli mother and a wounded Palestinian bereaved brother who risk their lives in order to press for a grassroots movement for nonviolence and peace.