

What is the Help Increase the Peace Program (HIPP)



The Help Increase the Peace Program is an interactive non-violence, conflict resolution and leadership workshop for middle and high school students and adults who work or volunteer with them. Participants learn through activities, discussion, and others' experiences in a small, diverse group. HIPP teaches skills useful in workplaces, schools, families, and everywhere else!

Topics

Communication	Diversity
Active Listening & Body Language	Race, Gender, Age, Class, etc.
Cooperation & Trust	Affirmation
Conflict Resolution	Anger

Workshop Format

HIPP uses many methods to help participants learn and grow. The main idea is to allow the participants to learn from each other, with the facilitator only helping the process. Participants interact in large group activities and discussions as well as in small groups, as well as one-on-one conversations. The goal is to keep it fun and involved!

Time Format

HIPP is a very flexible program. Workshops are typically broken up into a 4-5 day period, with two days "Basic," one day "Advanced," and two days of facilitator training. Hour long mini-HIPPs are available for demonstration purposes.

Continuation

Interested participants can become certified facilitators through our two-day training workshop after participating in a Basic and Advanced HIPP.

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"We learned creative ways to solve the problems surrounding violence in society I learned that everyone is different, but we all, when given a chance, can come together to solve the injustices facing us all in society."

- HIPP Participant

To Whom It May Concern:

I am pleased to write in support of the Help Increase the Peace program for use in a school setting. Two years ago, the Martin Kellogg Middle School Parent Advisory Council sponsored the first two groups in this program. The fourteen students who participated were eighth grade students who had been suspended repeatedly for violent or aggressive behaviors. The second group consisted of students who volunteered. At this time, the program was implemented over a three day period during school hours and was facilitated by two trainers who had had experience offering the adult version at the Enfield Prison. The results of the program far exceeded our expectations. By the end of the school year, none of these students had engaged in any further violent or aggressive acts. Moreover, the eighth grade teachers and numerous students reported that the entire atmosphere in the eighth grade wing had improved noticeably.

Although we had not intended to continue the program the following year, I was so impressed with the results that I decided to try to establish a program at Kellogg. To do so, I met with faculty, community, and parent groups, to seer volunteers to be trained as facilitators. Seven adults, four teachers and three community members, have become trained facilitators. During the 1995-96 school year it was our intention to offer the program to at least two groups of students, feeling that this would be quite an accomplishment for one school year. However, the twenty students who participated in the basic workshop were so enthusiastic that they pleaded with us to provide them with the two additional workshops so that they too could become facilitators. The adult facilitators were equally enthusiastic. As a result, these twenty students, who have now moved on to high school, will return to Kellogg to complete their training and will then volunteer to assist the adult facilitators to provide on-going workshops for our present eighth grade students.

Support for this program on the part of parents, teachers and students has been nothing short of amazing. We are already receiving inquiries from around the state from educators who are interested in bringing the program to their own systems. Because our main focus at this point must be on nurturing this program at Kellogg, we will be unable to provide facilitators to other school systems. However, we do want to support anyone who wishes to learn more about the program. We are developing a schedule of times when the basic Help Increase the Peace workshops will be offered during 1996-97. Any person from another school district who wishes to participate in one of our basic workshops will be welcome to do so on a space-available basis. We would also welcome a small number of students to participate along with a staff member from another district. If you wish to receive a schedule of workshops you may contact the school and we will be happy to provide it. I will also attempt to provide some technical assistance should you require it to the extent that our resources will permit.

I strongly urge you to consider the implementation of this very fine program. I have seen the difference it can make in the lives of children and in the culture of the school itself, even on the very limited basis in which it has been implemented at Kellogg. Surely there is no more pressing problem confronting us today than that of teaching ourselves and our young people how to increase the peace.

Respectfully,

Amzie S. Brown, Principal

Martin Kellogg Middle School
Newington, Connecticut