

anger
communication
Sexism
cooperation
racism
economic justice
power
non-violent action
homophobia
prejudice
self esteem
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Ask
Questions.

Find
Your
Truth.

Our Facilitators

Local HIPP facilitators have more than 10 years experience with the Help Increase the Peace program. Our trainers have facilitated HIPP workshops in over six states to such diverse populations as international groups, university through elementary school students, AmeriCorps members, incarcerated youth and numerous community organizations.

Take Action

www.afsc.org/sene

senehipp@afsc.org

P: 401.521.3584

F: 401.521.3960



SENE Help Increase the Peace
is a program of the
American Friends Service Committee
of Southeastern New England.

HIPP Help Increase the Peace Project

of Southeastern
New England

An interactive
conflict transformation
program that
empowers participants
to reduce violence,
strengthen cross-cultural
understanding
and become
agents of social change.



The HIPP Story

The Help Increase the Peace Program (HIPP), a project of the American Friends Service Committee, began in 1991 in Syracuse, New York. HIPP was founded as a variation of the Alternatives to Violence Project, an innovative program based in correctional facilities around the world. Since its creation, HIPP has extended to more than 20 states, working to reduce violence and intolerance in communities and schools.

Based on popular education models, HIPP invites participants to share their **personal experiences and be enriched by the knowledge of the group.** HIPP combines dialogue and active learning to engage and motivate action. Participants build skills for responding to conflicts through non-violence, analyze the impact of social injustice on their lives and communities, and develop skills for action. Each HIPP session is designed to increase skill, understanding and leadership.



Training Options

HIPP Works

Each HIPP Workshop is a 2 day retreat. Sessions build on each other for increasing levels of understanding and analysis.

Beginner Session “Think HIPP”

Advanced Session “Be HIPP”

Train the Trainer “Make HIPP Happen”

HIPP Orientation

Half day retreat

A shorter introduction to HIPP, the Orientation option gives you an idea of what HIPP is and how it can work with your organization.

HIPP Basics

In order to embrace diverse learning styles by engaging participants emotionally, mentally and physically, HIPP sessions are composed of the following three components:

HIPP Connections

- HIPP Connections serve as introductions to each session, allowing participants to share their experiences with the group and begin to connect HIPP with the rest of their lives.

Core Activities

- **Core Activities are the heart of the HIPP session, inviting deeper exploration,** introspection and synthesis related to some of the most challenging issues of our society.

HIPP Lifts

- HIPP Lifts foster community through creative physical activity relieving tension and giving participants a release from the challenge of engaging complex social issues.