12-WEEK ONLINE & CLASSROOM LEARNING LESSONS

Program Orientation

During the Orientation students will be introduced to the history and development of Project C.H.A.N.G.E. Student will learn about its key innovator Rev. Dr. Martin Luther King, Jr. and Rev. James Luther Bevel. Students will learn what the objectives of the course are and how nonviolence can have an impact on their life goals and future.

Pre-Test

The pre-test will be given prior to student involvement in the project. The Pre-Test is a quantitative and qualitative evaluation tools used to gather data and student awareness. The Pre-Test will be compared with the Post-Test given at the end of the project session to measure student awareness, the effectiveness of the training content, its delivery, and overall impact on the students.

Lesson 1: Introduction to Nonviolence

📖 **Lesson Description**

In Lesson 1, students are introduced to the heart and vision of Project C.H.A.N.G.E. They explore the meaning of nonviolence as a way of life, leadership philosophy, and personal discipline. Students learn how nonviolent principles — rooted in love, courage, and justice — have transformed individuals, communities, and entire nations. This opening module challenges students to see themselves not just as followers of history, but as active builders of a new, more compassionate world.

🎯 **Learning Objectives:**
By the end of module 1, students will:
- Understand the origin and history of Project C.H.A.N.G.E.
- Define nonviolence as a philosophy and practice.
- Recognize the link between personal responsibility and leadership.
- Explain why nonviolence is critical for social change.

Lesson 2: Understanding Self

📖 **Lesson Description**

In Lesson 2, students embark on the essential journey of self-discovery. By understanding their identity, strengths, weaknesses, and emotional patterns, students develop the foundation for principled leadership. Students explore how early experiences shape beliefs and behaviors, and how conscious self-awareness empowers positive change.

🎯 **Learning Objectives**
By the end of Lesson 2, students will:
- Define personal identity beyond surface-level traits.
- Recognize emotional triggers and patterns.
- Understand how self-awareness leads to stronger leadership and conflict resolution.
- Reflect on personal strengths and areas for growth.

Lesson 3: The Importance of Education

📖 Lesson Description

In Lesson 3, students explore why education is essential not only for personal success but for societal transformation. Education empowers individuals to solve problems, advocate for justice, and build stronger communities. Students reflect on the purpose of learning, the history of educational struggles, and their personal commitment to lifelong growth.

🎯 Learning Objectives

By the end of Lesson 3, students will:
- Define education as a tool for empowerment and leadership.
- Recognize historical barriers to education.
- Analyze how education impacts community development.
- Reflect on their personal educational goals and strategies.

Lesson 4: Can You Do Wrong and Make Right Happen?

📖 Lesson Description

In Lesson 4, students explore the critical question: Can wrong actions ever produce right results? Through discussions on ethics, intention, and consequences, students examine whether justifying wrong choices for the sake of "good outcomes" weakens leadership and personal integrity.

🎯 Learning Objectives

By the end of Lesson 4, students will:
- Analyze the relationship between actions, intentions, and outcomes.
- Understand why ethical means are necessary to achieve ethical ends.
- Apply nonviolent principles to real-world moral dilemmas.
- Reflect on personal decision-making and integrity.

Lesson 5: Drugs: Recreation or Retardation?

📖 Lesson Description

In Lesson 5, students confront the hard truths about drugs and their effects on personal potential, leadership ability, and community health. They explore how drug use is often framed as "fun" or "recreational," while in reality it often leads to personal stagnation, lost opportunities, and broken communities. This module challenges students to rethink peer pressure, media messages, and their own definitions of "freedom" and "escape."

🎯 Learning Objectives

By the end of Lesson 5, students will:
- Understand the physical, emotional, and societal impacts of drug use.
- Analyze myths versus facts about "recreational" drug use.
- Recognize how drugs can derail personal leadership and growth.
- Develop strategies to resist peer pressure and promote healthy choices.

Lesson 6: Gangs: Criminality or Community?

📖 Lesson Description

In Lesson 6, students explore why gangs form, what needs they seek to fulfill, and the devastating consequences they often create. Students examine whether gangs truly provide "community" — or if they actually entrap young people in cycles of violence, fear, and lost potential. Students are challenged to envision healthy alternatives that meet real human needs for belonging, leadership, and identity — without violence.

🎯 Learning Objectives

By the end of Lesson 6, students will:
- Analyze the social reasons gangs attract young people.
- Understand the difference between true community and criminal association.
- Recognize the dangers gangs pose to personal and community development, and Explore positive, nonviolent alternatives to gangs.

Lesson 7: Conflict Resolution: Nonviolence or Nonexistence

📖 Lesson Description

In Lesson 7, students confront the urgent reality Dr. Martin Luther King Jr. so powerfully expressed: *"It is either nonviolence or nonexistence."* Students learn how conflicts — whether personal, community, or global — can either escalate into destruction or be transformed into opportunities for healing, justice, and leadership through nonviolent strategies.

🎯 Learning Objectives

By the end of Lesson 7, students will:
- Understand conflict as a natural part of human interaction.
- Analyze the consequences of violent vs. nonviolent conflict resolution.
- Learn and practice nonviolent communication and problem-solving techniques.
- Reflect on personal responsibility in de-escalating conflicts.

Lesson 8: Home, Family, and Community

📖 Lesson Description

In Lesson 8, students explore the foundational role that home, family, and community play in shaping individual identity and leadership potential. Students examine the strengths and challenges of their environments and learn how even imperfect families and communities can be places of healing, growth, and positive change through personal responsibility and nonviolence.

🎯 Learning Objectives

By the end of Lesson 8, students will:
- Understand the influence of home, family, and community on personal development.
- Identify ways to contribute positively to their immediate environments.
- Recognize the importance of family and community support for leadership and success.
- Develop a personal plan to strengthen relationships at home and in the community.

Lesson 9: Relationships and Leadership

📖 Lesson Description

In Lesson 9, students examine how healthy relationships — built on trust, respect, forgiveness, and responsibility — are essential for leadership, happiness, and community building. Students learn to recognize healthy and unhealthy relationship patterns, develop communication skills, and commit to practicing nonviolent principles in friendships, family, school, and beyond.

🎯 Learning Objectives

By the end of Lesson 9, students will:
- Define the characteristics of healthy versus unhealthy relationships.
- Understand how trust, respect, and communication build strong relationships.
- Practice conflict resolution skills within relationships.
- Reflect on personal relationship patterns and goals for improvement.

Lesson 10: Wealth, Work, and Responsibility

📖 Lesson Description

In Lesson 10, students examine the relationship between work, wealth, and responsibility.
They are challenged to rethink wealth not as material possessions alone, but as the ability to serve, create, build, and leave a positive legacy. Students explore the role of hard work, ethical earning, financial literacy, and social responsibility in living a purpose-driven life.

🎯 Learning Objectives

By the end of Lesson 10, students will:
- Define wealth beyond material possessions.
- Recognize the value of work, discipline, and ethical leadership.
- Understand the importance of financial literacy and social responsibility.
- Develop personal goals related to work, wealth-building, and service.

Lesson 11: The Power of Forgiveness

📖 Lesson Description

In Lesson 11, students explore forgiveness not as a sign of weakness but as a courageous act of leadership and healing. Students learn how forgiveness frees individuals and communities from cycles of hatred, pain, and revenge, enabling growth, reconciliation, and stronger leadership.

🎯 Learning Objectives

By the end of Lesson 11, students will:
- Understand forgiveness as a critical leadership and life skill.
- Recognize the difference between forgiveness and enabling wrongdoing.
- Analyze the personal and communal benefits of forgiveness.
- Develop personal practices for forgiving and asking for forgiveness.

Lesson 12: Becoming a Certified Nonviolent Leader

📖 **Lesson Description**

In this culminating module, students reflect on their full journey through Project C.H.A.N.G.E. They integrate the principles of nonviolence, self-awareness, education, forgiveness, leadership, and service into a personal vision of leadership. Students commit to leading lives rooted in courage, compassion, discipline, justice, and peace.

🎯 **Learning Objectives**

By the end of Lesson 12, students will:
- Articulate the principles of nonviolent leadership.
- Develop a personal mission statement for leadership.
- Commit to practical actions that promote nonviolence and positive change.
- Celebrate their growth and readiness to serve as Nonviolent Leaders.

Post-Test

The post-test will be given at the end of the 12 lessons in the project. The Post-Test is a quantitative and qualitative evaluation tools used to gather data and student awareness. The Pre-Test will be compared with the Post-Test given at the end of the project session to measure student awareness, the effectiveness of the training content, its delivery, and overall impact on the students.