

# THE HIPP STORY

The help Increase the Peace Program (HIPP) a project started by the American Friends Service Committee (AFSC) a Quaker based social justice organization, began in 1991 in Syracuse, New York. HIPP was founded as a variation of the Alternatives to Violence Project (AVP) for one main reason, to cover costs and humbling paying the facilitators, who were adults training youth, while with AVP it was prisoners many times training outsiders and insiders, who could not be paid. The AVP program began in 1975 when a group of inmates at Green Haven Prison (NY) was working with youth coming into conflict with the law (yes--gangs existed even then). They collaborated with the Quaker Project on Community Conflict, devising a prison workshop. The success of this workshop quickly generated requests for more, and AVP was born. The program quickly spread to many other prisons and communities around the world. HIPP is geared with the same activities, but targeted youth in schools, community centers, and those that are incarcerated. Today the famous and highly respected AVP and HIPP are around the world inside and outside the walls.

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 nonviolence, analyzing impacts of social injustices in their lives and the community, and develop skills for action. Each HIPP session is designed to increase skills, understanding, collaboration, transformation, and leadership.



Save the Kids (STK) is a nonprofit organization founded in 2009 dedicated to transforming the juvenile justice system and ending community and institutional violence in New York.

Save the Kids is a movement that advocates for alternatives to incarceration that are peace oriented, collaborative, and transformative life skills and knowledge based through programs for youth and the community.

### **Save the Kids**

c/o Outdoor Empowerment

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**While many workshops are free, costs of HIPP workshops depend on expenses, length of workshop, and sponsor.**

## Help Increase the Peace Program (HIPP)

*A program of Save the Kids*



AN INTERACTIVE BASED  
TRANSFORMATIVE WORKSHOP  
PROMOTING EMPOWERMENT,  
GROUP-BUILDING, LEADERSHIP,  
CREATIVE EXPRESSION, RESPECT,  
PEACE AND SOCIAL JUSTICE.

**HIPP Basic  
20 hour  
Workshop**

1

**HIPP Advanced  
20 Hour  
Workshop**

2

**HIPP  
Training for  
Facilitators**

3

**HIPP Day & Mini  
Workshops**



## WHAT IS HIPP?

“HIPP, teaches young people and adults communication skills for conflict resolution. And it does more. HIPP confronts prejudice and renews our hope to be agents for positive social change. The training introduces alternatives to violence and bullying and allows participants to practice various options by modeling and role playing. Exercises include self-affirmation and discovery of how insensitivity can magnify problems. HIPP uses serious discussion of issues, activities that practice finding win-win solutions, and games that promote cooperation and communication. It’s straightforward and fun. HIPP affirms that there are choices, and just as we learn violence, so can we learn to respond with the alternatives. HIPP allows youth and adults to practice techniques they discover, one-on-one within the group. The accumulation of these skills then leads to a focus on community action and social change.” – American Friends Service Committee

## OUR FACILITATORS

Save the Kids’ HIPP facilitators all complete the Basic, Advanced, and Training for Facilitators training. They regularly volunteer at local youth detention centers, community centers, schools, and religious centers to provide mini, day, and weekend workshops for adults and youth. STK HIPP facilitators have a deep commitment to inclusion, social justice, and peace.

**While many workshops are free we do ask for donations to cover the cost of supplies, equipment, and the time of the facilitators.**

