

**What  
is  
Unilateral  
Violence?**

# **Lateral Violence Can**

- ~ Create Family, Community and Tribal Division.**
- ~ Cause Physical Violence between families, family members, communities and organisations.**
  - ~ Start Horrid Gossip, Innuendo and Rumours.**
- ~ Cause Job Loss, Missed Funding Opportunities, Destroy Careers and Reputations.**
- ~ Ruin Relationships, Marriages, Breakdown Families, Wreck Homes.**
- ~ Cause Paranoia, Create Alienation, Backstabbing.**

# **Lateral Violence Can**

- ~ Contribute to Alcoholism, Drug Abuse and Mental Health Issues.**
- ~ And In Worst Case Scenario May also Cause Suicide.**

# A DEFINITION OF LATERAL VIOLENCE

**LATERAL VIOLENCE:** describes the organised, harmful behaviours that we do to each other collectively as part of an oppressed group; Within our families, within our organisation, and within our communities.

**LATERAL VIOLENCE:** is the expression of rage and anger, fear and Terror that can only be safely vented upon those closest to us when we are being oppressed. Those who oppress us do not hear us nor do they assist us in changing the oppression. Therefore it's unsafe for us to speak to them.

**LATERAL VIOLENCE:** is also referred to as internalised colonialism.

**LATERAL VIOLENCE:** works to maintain power in an oppressed group when someone is seen to threaten that power in some way

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# CHARACTERISTICS OF LATERAL VIOLENCE

1. We **repeat our original oppression** by oppressing those around us. However, we often are harsher on ourselves than our oppressors.
2. We **intensely focus on the negative** in another person or another group. Any piece of information can be twisted in The negative, assumptions made, fear-based conclusions Created until someone has been labeled 'Bad' and 'Wrong'.
3. **Collective cooperation** is also a key element in Lateral violence. A number of people work together negatively to attack and undermine another person or group.

# STAGES OF THE VIOLENCE

- The Build up
- The Attack
- The Retreat
- The Denial
- The Quiet Period
- The Cycle Begins Again

## **LATERAL VIOLENCE USES THIS INFORMATION:**

- Economics/Money
  - Social Position/Role/Job
  - Family membership
  - Education
  - Eye, Hair, Skin Colour
  - Sexual Orientation
- 
- Gender
  - Blood Quantum
  - Culture
  - Association

# THE FORM OF LATERAL VIOLENCE ATTACKS

- Gossip
- Jealousy
- Revenge
- Blaming and Judging
- Shaming and Guilting
- Humiliating, Taunting
- Lecturing, Ridiculing
- Shunning, Ignoring
- Negative Labeling
- Emphasising the negative
- Financial disabling
- Financial greediness
- Firing or threatening of Firing
- Selective hiring

# TOOLS FOR SHIFTING LATERAL VIOLENCE

- LET ALL GOSSIP AND HURTFUL STORIES END WITH US
- ASK FOR CLEAR AND ACCURATE INFORMATION
- EDUCATE OTHERS ABOUT LATERAL VIOLENCE AND ASK IT TO STOP
- **BE THE CHANGE YOU WANT OTHERS TO BE**
- **BE ACCOUNTABLE FOR OUR OWN ACTIONS**
- WHEN SPEAKING ABOUT HARM, FOCUS ON THE BEHAVIOUR, NOT ON THE PERSON
- USE **CRITICAL INCIDENT DEBRIEFING** IN THE WORKPLACE
- LEARN HEALTHY WAYS OF RELATING TO OTHERS
- REMEMBER: “WE ARE ALL GOOD PEOPLE”
- REMEMBER: “WE ARE THE ONLY ONES WHO CAN STOP PAYING FORWARD OUR ORIGINAL HARM” – LATERAL VIOLENCE IS IN OUR HANDS

# **Koorreen Principles**

1. Listen (to the Earth, waters and others so that you may learn)

## **Koorreen Principles**

2. Learn (from all you hear, see and feel, this will inform you on who you are and who you can be)

## **Koorreen Principles**

3. Respect (all living things and beings to enable them to respect you)

## **Koorreen Principles**

4. Integrity (conduct yourself and act honestly at all times so that others may learn from you)

## **Koorreen Principles**

5. Honour (Honour the great spirit, the property of others and your own life path)

## **Koorreen Principles**

6. Compassion (have compassion to others so that you learn to be graceful with your spirit)

# **Koorreen Principles**

7. Courage ( have courage to act in all of the above and to know when you have made mistakes so that you can know when to have humility)