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MEDIATION

EDUCATING FOR PEACE

TOOLS FOR ANALYSIS AND ACTION

BASED ON THE WORK OF JOHAN GALTUNG

UNDERSTANDING PEACE

PEACE IS COMPLEX: MORE THAN JUST THE ABSENCE OF WAR

JOHAN GALTUNG'S TWO TYPES OF PEACE:

NEGATIVE PEACE → NO DIRECT VIOLENCE (WAR, CONFLICT, AGGRESSION)

POSITIVE PEACE → PRESENCE OF JUSTICE, EQUITY, AND COOPERATION
IT ELIMINATES STRUCTURAL VIOLENCE (POVERTY, DISCRIMINATION, INEQUALITY)

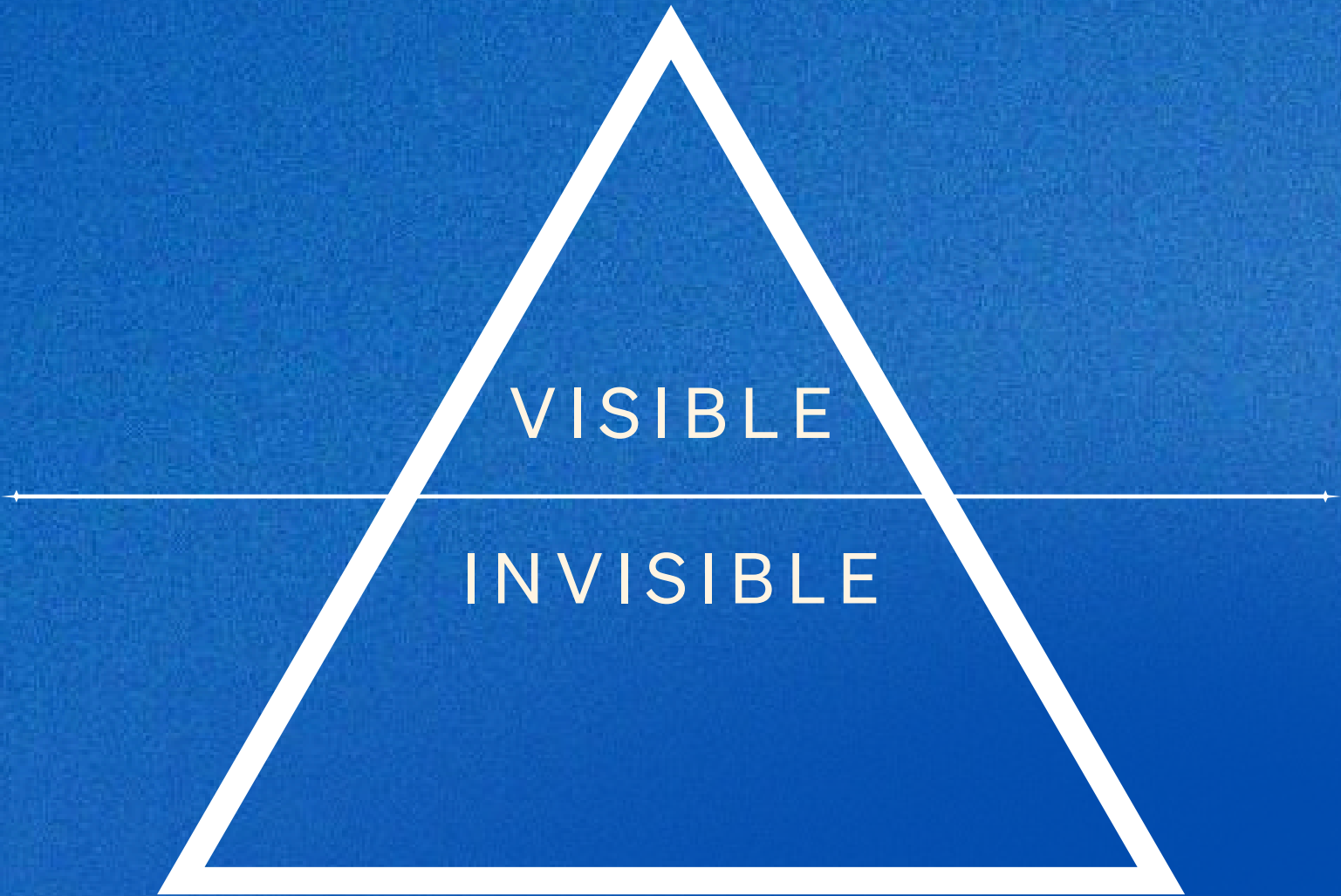
◆ KEY DIFFERENCE:

NEGATIVE PEACE = STOPS WAR.

POSITIVE PEACE = BUILDS A FAIR SOCIETY.

THE TRIANGLE OF VIOLENCE BY J. GALTUNG

DIRECT VIOLENCE



STRUCTURAL VIOLENCE

CULTURAL VIOLENCE

GALTUNG URGES US TO LOOK BEYOND PHYSICAL VIOLENCE
AND RECOGNIZE ITS DEEPER MANIFESTATIONS

THE THREE FORMS OF VIOLENCE

DIRECT VIOLENCE → THE MOST VISIBLE FORM (PHYSICAL, VERBAL,
PSYCHOLOGICAL AGGRESSION)

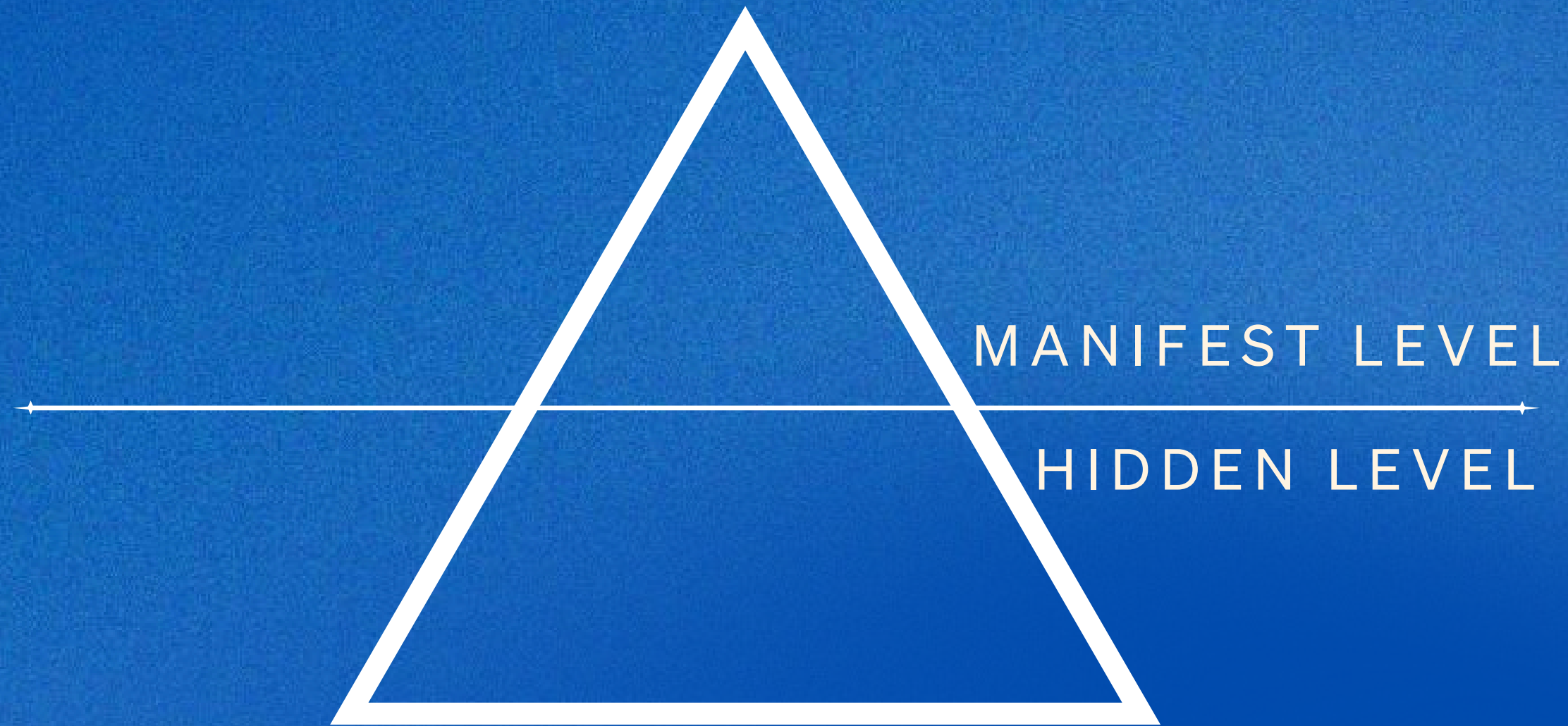
STRUCTURAL VIOLENCE → INJUSTICES EMBEDDED IN SOCIAL, ECONOMIC, AND
POLITICAL SYSTEMS

CULTURAL VIOLENCE → NORMS, VALUES, AND SYMBOLS THAT LEGITIMIZE AND
SUSTAIN VIOLENCE

UNDERSTANDING THESE CONNECTIONS IS ESSENTIAL TO ACHIEVING
POSITIVE PEACE—GOING BEYOND THE MERE ABSENCE OF WAR TO BUILD A
JUST SOCIETY

THE TRIANGLE OF CONFLICT

BEHAVIOUR



ATTITUDE
(EMOTIONS, PERCEPTIONS
AND BIASES)

CONTRADICTION
(OPPOSING GOALS
OR INTERESTS)

UNDERSTANDING CONFLICT

CONFLICT ISN'T JUST AN EVENT - IT'S A DYNAMIC PROCESS

GALTUNG IDENTIFIES THREE KEY ELEMENTS THAT SHAPE EVERY CONFLICT:

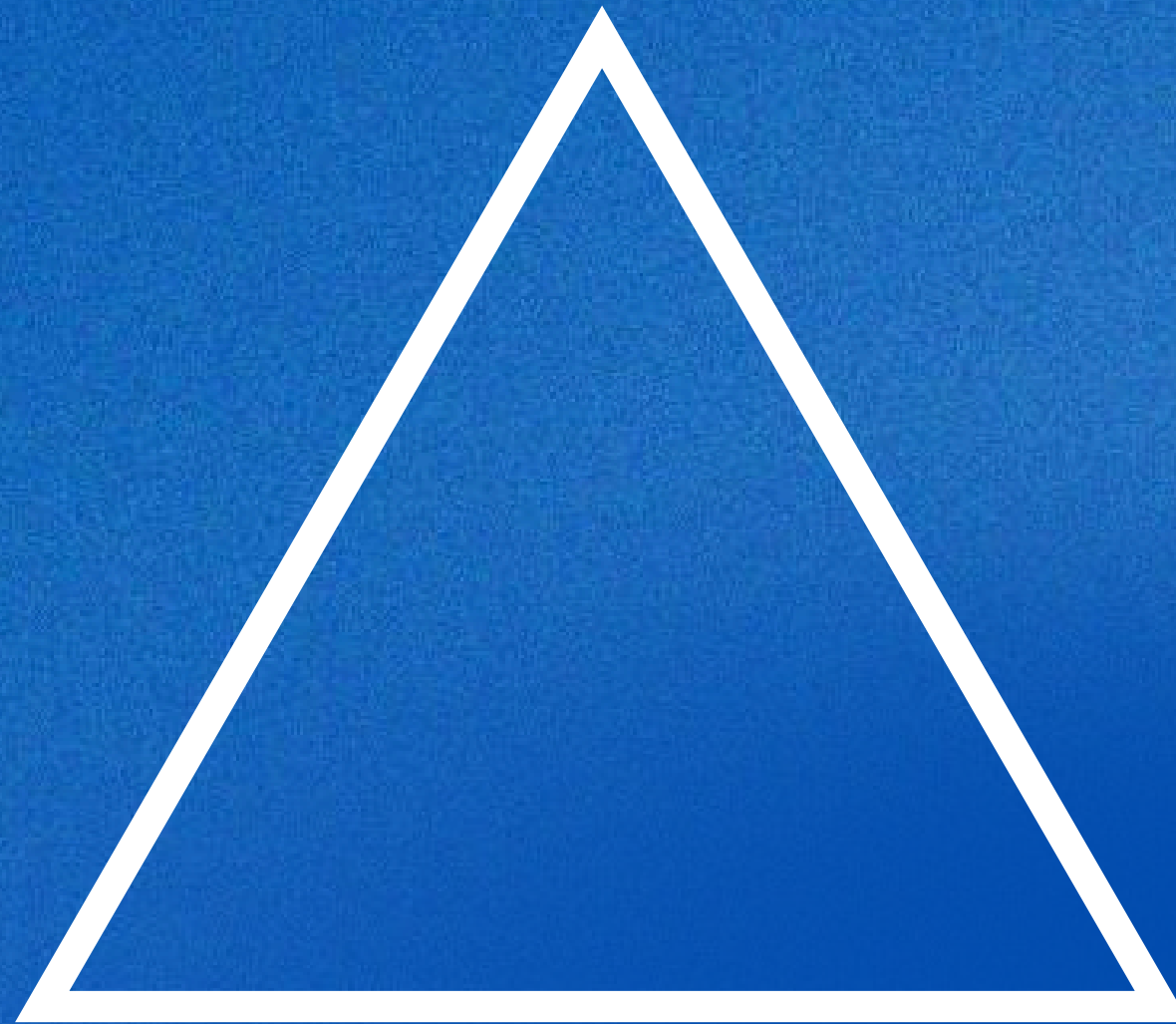
- CONTRADICTION (C) → THE CORE ISSUE: OPPOSING GOALS OR INTERESTS
- ATTITUDE (A) → EMOTIONS, PERCEPTIONS, AND BIASES BETWEEN PARTIES
- BEHAVIOR (B) → ACTIONS TAKEN, RANGING FROM COOPERATION TO VIOLENCE

💡 KEY INSIGHT:

UNDERSTANDING THESE ELEMENTS HELPS US MOVE BEYOND SURFACE-LEVEL DISPUTES AND DEVELOP EFFECTIVE, NONVIOLENT CONFLICT RESOLUTION STRATEGIES.

THE TRIANGLE OF PEACE

EMPATHY



NONVIOLENCE

CREATIVITY

Johan Galtung, in his holistic approach to peace, presents a Peace Triangle that goes beyond the mere absence of conflict, highlighting three key elements:

Empathy, nonviolence, and creativity.

These interconnected pillars guide us toward the construction of **lasting and positive peace.**

Empathy

- THE ABILITY TO UNDERSTAND AND SHARE THE FEELINGS OF OTHERS.
- ESSENTIAL FOR OVERCOMING DIVISIONS AND BUILDING RELATIONSHIPS BASED ON RESPECT AND MUTUAL UNDERSTANDING.
- HELPS US RECOGNIZE OUR SHARED HUMANITY AND WORK TOGETHER TO RESOLVE CONFLICTS PEACEFULLY.

Nonviolence

- GOES BEYOND AVOIDING PHYSICAL VIOLENCE AND INCLUDES THE PREVENTION OF STRUCTURAL AND CULTURAL VIOLENCE.
- BASED ON RESPECT FOR LIFE AND THE PROMOTION OF PEACEFUL METHODS OF CHANGE.
- REQUIRES COURAGE, DISCIPLINE, AND COMMITMENT TO CREATING A JUST AND HARMONIOUS SOCIETY.

Creativity

- THE ABILITY TO FIND INNOVATIVE AND PEACEFUL SOLUTIONS TO CONFLICTS.
- INVOLVES OPEN-MINDEDNESS, FLEXIBILITY, AND THE WILLINGNESS TO EXPLORE NEW POSSIBILITIES.
- ALLOWS US TO TRANSFORM CONFLICTS INTO OPPORTUNITIES FOR GROWTH AND BUILD A BETTER FUTURE FOR ALL.

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Thank You