

Author
Andrew Metheven

Constructive programmes aim to prefigure a different world, by understanding and replacing forms of power-over and violence in its direct, structural and cultural forms with structures and ways of relating that build grassroots power-with and power-within, that are emancipatory, democratic, and not structurally or culturally violent. Constructive programmes work alongside – not in addition, or separately – from direct acts of resistance, campaigning, and direct action.

In summary, constructive programmes:

1. **Address** forms of structural and cultural violence that are impacting a community
2. **Challenge** forms of power-over that are impacting the community from the outside, and that characterise relationships internally,
3. **Empower** individuals and the community - building power-with and power-within – as the community sets about meeting their own needs. They provide space and opportunity to participate in active nonviolent resistance and direct action.
4. **Redistribute** power and resources to the community most effected by decisions
5. **Prefigure** a future in the present, exemplify an alternative

Related content

[en](#)
[es](#)
[fr](#)
[de](#)

Comments

There are no comments on this article. Have you got something related to this topic, you'd like to say? Please feel free to be the first person to make a comment.

Add new comment

Your name

Email

Homepage

Language

▼

Subject

Comment

[About text formats](#)

SavePreview