

Metta Spencer (born 29 August 1931) is a Canadian sociologist, writer, peace researcher, and activist.^{[1][2]} She serves on the steering committee of the International Peace Bureau, an organization that won the Nobel Peace Prize in 1910.^{[3][4]}

After completing a Ph.D. in Sociology in 1969 at the University of California, Berkeley, Spencer joined the Department of Sociology at the University of Toronto's Erindale College in 1971.^{[1][5]} She taught regularly in the university's Peace and Conflict Studies Program, which she founded in 1989 and coordinated until her retirement in 1997.^[1] In 1976 Spencer authored the *Foundations of Modern Sociology* textbook, which was subsequently published in four American and seven Canadian editions.^[6]

Spencer has specialized in peace and war studies, and has been active in the Canadian peace movement.^{[7][8]} As the founding president and director of the Canadian Disarmament Information Service (CANDIS), she published the monthly *Peace Calendar* from 1983 to 1985, when the publication changed to magazine format and took the name *Peace Magazine*.^{[1][2]} In 2009, Spencer organized the Zero Nuclear Weapons public forum in Toronto, jointly sponsored by four major Canadian peace organizations with which she has been involved since the mid-80s: Physicians for Global Survival, Canadian Voice of Women for Peace, the Nobel Peace Prize laureate organization Pugwash Conferences on Science and World Affairs, and Science for Peace.^{[9][1]}

She has also extensively researched peace and conflict in the former Soviet Union and Eastern Europe.^[10] In 1997, she organized "The Lessons of Yugoslavia," a three-day Science for Peace conference at the University of Toronto.^[11] In 2011, she published *The Russian Quest for Peace and Democracy*, the culmination of 28 years of research and hundreds of interviews with Russian politicians and activists.^[12] She argues that Western peace activists' influence on Russians including Gorbachev helped end the Cold War more so than pressure from the US or NATO.^[12]

More recently, Spencer has become involved in climate change activism (by chairing since 2007 a Science for Peace committee to study and campaign for carbon taxation policy) and has researched edutainment, or social change through storytelling.^[13]^{[14][15]} In her book *Two Aspirins and a Comedy: How Television Can Enhance Health and Society* (2006), she argues that television could be a force for health and social change.^[15]