

Pledge of Nonviolence

Making peace must start within ourselves and in our family. Each of us, members of the _____ family, commit ourselves as best we can to become nonviolent and peaceable people.

To Respect Self and Others

To respect myself, to affirm others and to avoid uncaring criticism, hateful words, physical attacks and self-destructive behaviour.

To Communicate Better

To share my feelings honestly, to look for safe ways to express my anger, and to work at solving problems peacefully.

To Listen

To listen carefully to one another, especially those who disagree with me, and to consider others' feelings and needs rather than insist on having my own way.

To Forgive

To apologize and make amends when I have hurt another, to forgive others, and to keep from holding grudges.

To Respect Nature

To treat the environment and all living things, including our pets, with respect and care.

To Play Creatively

To select entertainment and toys that support our family's values and to avoid entertainment that makes violence look exciting, funny or acceptable.

To Be Courageous

To challenge violence in all its forms whenever I encounter it, whether at home, at school, at work, or in the community, and to stand with others who are treated unfairly.

This is our pledge. These are our goals. We will check ourselves on what we have pledged once a month on _____ for the next twelve months so that we can help each other become more peaceable people.

"Eliminating violence, one family at a time, starting with our own."