

▼ S ▼ ***Family Pledge of Nonviolence*** ▼ S ▼

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

**1. To Respect Self and Others**

To respect myself; to affirm others and the dignity of all human life.  
To avoid uncaring criticism, hateful words, physical attacks, and self destructive behavior.

**2. To Communicate Better**

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

**3. To Listen**

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

**4. To Forgive**

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

**5. To Respect Nature**

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

**6. 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.

**7. To Be Courageous**

To challenge violence in all its forms whenever I encounter it, whether at home, school, 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 once a month on \_\_\_\_\_  
for the next 12 months so we can help each other become more peaceable people.*

*Pledging family members sign below:*

_____	_____
_____	_____
_____	_____