

Campus Pledge of Nonviolence

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

(name of college or university)

To Respect Self and Others

To respect myself, to affirm others and to avoid uncaring criticism, hateful words, physical or emotional attacks, negative peer pressure, and self-destructive behavior, including abuse of alcohol and drugs.

To Communicate Better

To share my feelings honestly, to look for safe ways to express my anger and other emotions, to work at solving problems peacefully, and to encourage an open system of communication on campus.

To Listen

To listen carefully to one another, especially those who disagree with me, and to consider others' feelings and needs as valid as my own.

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 with respect and care and work to "reduce, reuse and recycle" on campus.

To Recreate Nonviolently

To select activities and entertainment that strengthen my commitment to nonviolence and that promote a less violent society, and to avoid social activities that make violence look exciting, funny or acceptable.

To Be Courageous

To actively challenge violence in all its forms whenever I encounter it, whether at home, on campus, at work, or in the community, and to stand with others who are treated unfairly, even if it means standing alone.

This is our pledge. We will check ourselves monthly to keep our promise to build a more peaceable campus.

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