

School Pledge of Nonviolence

Making peace must start within ourselves and in our school.
Each of us, members of _____ School,
on this day, _____ 19_____,
commit ourselves as best we can to become nonviolent and peaceable people.

To Respect Ourselves and Others

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

To Communicate Better

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

To Listen

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

To Forgive

To apologize and make amends when we 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 activities and toys that support our school's values and to avoid
activities that make violence look exciting, funny or acceptable.

To Be Courageous

To challenge violence in all its forms whenever we encounter it, whether at home,
at school, 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 the _____ day of the month for this school year
so that we can help each other become more peaceable people.

“Eliminating violence, one school at a time, starting with our own.”