

# *Youth Pledge of Nonviolence*

**Making peace** must start within ourselves and in our school. Each of us, members of \_\_\_\_\_ school, 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 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 throughout the school.

## **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 to promote environmental concern in the school.

## **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 Act Courageously**

To actively 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, even if it means standing alone.

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

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