



Youth Pledge of Nonviolence

Making peace must start with me. I commit myself as best I can to become a nonviolent and peaceable person.

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.

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.

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 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, even if it means standing alone.

"Eliminating violence, one person at a time, starting with me."

I promise to do my best to keep this pledge: _____

Age: _____ ***For Kids As Peacemakers*** _____



Kids Pledge of Nonviolence

Making peace must start with me. I commit myself as best I can to become a nonviolent and peaceable person.

To Respect Myself and Others

To respect myself and other people and to keep from saying or doing mean things to others.

To Communicate Better

To share my feelings honestly, to look for safe ways to talk and act when I'm angry, and to work at solving problems peacefully.

To Listen

To listen carefully to others, especially those who disagree with me and to care about others' feelings and not always demand to have my own way.

To Forgive

To say I'm sorry and mean it when I have hurt another person, to forgive others when they have hurt me, and to keep from holding grudges.

To Respect Nature

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

To Play Creatively

To play in fun ways and not means ways, and to keep from using toys, watching TV programs, and playing games that make violence look exciting or funny.

To Be Courageous

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

I promise to do my best to keep this pledge: _____

Age: _____ ***For Kids As Peacemakers*** _____