

# My Pledge of Nonviolence

## **Making Peace Must Start Within Myself**

Each of us, members of the Greensboro community, commit ourselves 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 attacks and self-destructive behavior. To also treat the environment and all living things with respect and care.

### ***To Communicate Better***

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

### ***To Listen***

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

### ***To Forgive***

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

### ***To Be Courageous***

To 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.

**I will challenge myself and will help others to become more peaceable people in all that we do.**

***This is my pledge. These are my goals.***

**HOGWASH!**

Signature of Pledger

Signature of Witness

