

# ***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 mean 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.

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

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