



# Choose Peace Stop Violence PLEDGE



Making peace must start within me. On this day, \_\_\_\_\_, 20\_\_\_\_, I  
commit to take responsibility for my part.

## I pledge to:

### Respect Myself and Others

Respect myself and others by always treating everyone how I want to be treated, to always be there when someone needs me and to not judge others.

### Communicate Better

Share my feelings honestly, and talk to an adult I trust for advice on safe ways to express my anger to work at solving problems peacefully.

### Listen

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

### Forgive

Apologize when I have hurt another, to forgive others, and to keep from holding grudges.

### Respect Nature

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

### Be Courageous

Tell someone who can help when I am concerned about safety in person or online, whether at home, at school, at work, or in the community.

Name: \_\_\_\_\_

Age: \_\_\_\_\_

School/Organization: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Telephone number: \_\_\_\_\_

Email: \_\_\_\_\_

Witnessed by: \_\_\_\_\_  
(Teacher, Youth Leader, Parent)

I will encourage others to sign by forwarding to as many friends as possible