



The Family Pledge of Non-Violence

As members of the _____ family, we commit ourselves to practicing peace in our family and in our community.

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 COMMUNICATE BETTER.

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

TO LISTEN.

To listen carefully to one another, especially those who disagree with me, and to consider other's feelings and needs rather than insisting I have my own way.

TO FORGIVE.

To apologize and to make amends when I 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.

TO PLAY CREATIVELY.

To select entertainment and toys that support our family's values and to avoid entertainment that makes violence look exciting, funny, or acceptable.

TO BE COURAGEOUS.

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

Please invite every member of your family to take this pledge.
And copy and distribute this pledge in schools, health clinics, libraries, churches
and businesses – everywhere in your community peace belongs.

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Community Resource Kit

Alaska Children's Trust 1-800-643-KIDS

Alaska Child Abuse Prevention Network. akchildabuseprevention.org