

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.

Signature of Pledger

Signature of Witness

