

Alameda Collaborative for Children, Youth  
and Their Families

Season for Nonviolence  
January 30<sup>th</sup> - April 4, 2008



Kids need us.  
Make time.

A SEASON FOR  
NONVIOLENCE



carry the vision

[www.alamedayouth.org](http://www.alamedayouth.org)



" Kids need us. Make Time."

January, 2008

Dear Friend of Children and Youth:

Subject: Conflict and Violence Prevention Project: A Season for Nonviolence

The Alameda Collaborative for Children, Youth and Their Families wants to ensure that Alameda young people live in a safe, hate- and violence-free community. As teachers, recreation and social service providers, parents and community members, we know how important it is to establish and maintain environments in which civility and cooperation can flourish.

This packet of information has been assembled by the Youth Collaborative for use by its members and supporters in conjunction with the international Season For Nonviolence. The Season for Nonviolence, which runs from January 30 through April 4, honors Mahatma Gandhi and Dr. Martin Luther King, Jr. as leaders of nonviolence and asks us all to reflect on ways to practice nonviolence throughout the year.

We know many organizations already have some conflict or violence prevention programs in place. However, all community members can play an integral role in communicating and reinforcing the principles and practices of conflict resolution and violence prevention, as well as promoting an environment of civility and goodwill.

We hope that the enclosed materials will help you in your efforts to create and maintain a setting that is explicitly hate and violence free. The packet includes various items that we hope you will freely reproduce, post, distribute and otherwise use to send the hate- and violence-free message to your participants and visitors. Included are the following:

- Alameda Hate-Free City Resolution
- Principles of Nonviolence
- Teens Acting for Peace (TAP)
- Classroom, Youth, Family Pledges of Nonviolence (Family pledge in six languages)
- Activities for Community, Youth and Faith Organizations

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We encourage you to distribute copies of the materials, organize Season of Nonviolence Pledge drives, hold discussion groups on conflict and violence prevention, feature a speaker at a special gathering, or organize a special event around the Season For Nonviolence theme.

In conjunction with the Season for Nonviolence, we are also pleased to announce our co-sponsorship with AUSD of a middle and high school speech contest: Create Community - Create Peace. Individual school contests will be taking place and the winners of those will compete on Sunday, April 13. Further details will be sent out and we hope that many of you will come to hear our youth finalists.

For further information on both projects, please contact Audrey Lord-Hausman at 749-5816. We look forward to celebrating the Season for Nonviolence and working with you throughout the year to ensure a hate and violence-free Alameda.

Sincerely,

Co-Chairs of the Alameda Collaborative For Children, Youth and Families



Beverly Johnson, Mayor  
City of Alameda



Janet Gibson, Trustee  
AUSD Board of Education

Alice Lai-Bitker, Supervisor  
Alameda County

Enclosures



## City of Alameda • California

CITY OF ALAMEDA RESOLUTION NO. 12944

### DECLARING THE CITY OF ALAMEDA A HATE-FREE CITY

WHEREAS, hate violence has become a daily occurrence and is increasing at epidemic rates across the nation; and

WHEREAS, history has tragically taught us what happens when people stand by and allow acts of violence and hatred to occur; and

WHEREAS, people often feel isolated, without hope and helpless to do anything individually to end hate violence; and

WHEREAS, the people of Alameda, California find hate violence to be cowardly, appalling and unwanted; and

WHEREAS, civic and religious organizations throughout the Bay Area have condemned hate violence; and

WHEREAS, the Alameda Social Service Human Relations Board has become involved in leading the discussion about whether our community is vulnerable to a climate of hate and learning to prevent hate activity when it appears in Alameda; and

WHEREAS, in light of specific incidents in Alameda, the Social Service Human Relations Board urges the City Council to adopt this Resolution.

NOW, THEREFORE, BE IT RESOLVED that the City Council of the City of Alameda hereby, in keeping with the principle of equal civil rights for all, unequivocally opposes any manifestation of hatred and prejudice towards any group or individual; and

BE IT FURTHER RESOLVED that the City Council of the City of Alameda hereby join with thousands of other neighbors to say with one voice "Not in Alameda" by declaring Alameda to be a "Hate-Free City" and resolving to stand together with all people of good faith across the country and support this national effort to push back the rising tide of hate violence by involving the diverse Alameda communities in an effort to address hate violence.

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## **PLEDGE FOR A HATE-FREE ALAMEDA**

Ending hate and prejudice must start within ourselves and our circles of influence: our families, friends, schools, clubs, workplaces and places of worship and governance.

### **To Respect Self and Others**

To respect my heritage, culture and traditions, to respect the heritage, culture and traditions of others, to value our differences, and to avoid stereotyping, name-calling and hateful words and gestures.

### **To Communicate Better**

To share our feelings honestly, to look for positive ways to express our curiosity and discuss our differences, and to work at solving problems peacefully.

### **To Listen**

To listen carefully to one another, especially those whose lives we know little about, to open ourselves to others' life stories, and to hear the commonality of human experience in the telling of those stories.

### **To Practice Goodwill and Understanding**

To welcome newcomers into our community and our homes, to provide opportunities for learning and sharing, and to promote civility in community, neighborhood and personal conversation.

### **To Play Creatively**

To select entertainment and toys that support our hate-free community values and to avoid entertainment that makes hate and bias look exciting, funny or acceptable.

### **To Be Courageous**

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

**“Eliminating hate one person at a time, starting with me.”**

**Alamedans Together Against Hate (ATAH)  
510-749-5800**



"Kids need us. Make time."

This packet is a project of the Alameda Collaborative for Children, Youth & Their Families to assist schools and community-based organizations in activities supporting the Season for Nonviolence.

The Collaborative's goal is to help ensure that our young people live in a safe, hate- and violence-free community.

A SEASON FOR  
NONVIOLENCE

# A Season for Nonviolence



Held each year from January 30 - April 4, the Season for Nonviolence is a National 64-day educational, media, and grassroots campaign dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower our lives and our communities. Inspired by the 50<sup>th</sup> and 30<sup>th</sup> memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr., this international event honors their vision for an empowered, nonviolent world.

## Season for Nonviolence Purpose Statement

Our purpose is to create an awareness of nonviolent principles and practices as a powerful way to heal, transform and empower our lives and communities. Through an educational and community action campaign, we are honoring those who are using nonviolence to build a community that honors the dignity and the worth of every human being. We are demonstrating that every person can move the world in the direction of peace through their daily nonviolent choice and action.

**Mohandas Karamchand  
Mahatma Gandhi  
(1869 – 1948)**

Gandhi is modern India's most beloved political and spiritual leader. He is also one of the greatest peacemakers of all time. Many Indians considered him a saint, which is why he was also called "Mahatma," meaning "Great Soul."

Although he was a frail, gentle person, Gandhi helped his country win its independence from the British Empire. He urged the people of India to gain their freedom and improve social and economic conditions through nonviolent means. Over the years, Gandhi's teachings about nonviolence have influenced many peacemakers all around the world.

Gandhi quotes: "Nonviolence is not a cover for cowardice, it is the supreme virtue of the brave," "For a nonviolent person the whole world is one family," "I object to violence because when it appears to do good, the good is only temporary; the evil it does is permanent," "Mankind can get out of violence only through nonviolence," "Hatred can be overcome by love," "Be the change you want to see in the world."

**Dr. Martin Luther King, Jr.  
(1929 – 1968)**

Dr. Martin Luther King, Jr. was an important leader in the civil rights movement in the United States. By using nonviolent methods such as marches, boycotts and sit-ins, he helped Black Americans win important victories of equality and justice.

On a hot August day in 1963, more than 200,000 people came to Washington, DC to be part of the largest civil rights rally in history. It was there that Dr. King shared his famous, "I have a dream," speech: "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

Another quote by Dr. King: "We will not hate you, but we cannot ...obey your unjust laws...we will so appeal to your heart and conscience that we will win you in the process." A Baptist minister, he based this philosophy on the teachings of Jesus and the Indian leader, Mohandas Gandhi.

Dr. King was awarded the Nobel Peace Prize in 1964, and in 1984 his birthday became a national holiday in the United States. His teachings have inspired many to use nonviolent means to work for peace, justice and equality.

# **SEASON FOR NONVIOLENCE**

## **Shared Vision – A Better World is Possible**

“You must be the change you want to see in the world”. – Mahatma Gandhi

There are people everywhere who want to help create a better world – people deeply concerned about widespread suffering, environmental destruction, escalating materialism and the loss of our sense of community. There is a deep and growing hunger for a wiser and more loving society. Gandhi and King modeled the vision to create such a society.

They claimed the power for social change lies within individual consciousness. That if we really want to create a wise and loving world, we must first become wise and loving ourselves. With a vision of a society governed by love and the common good -- we have a powerful antidote to the violence, distrust and division of today's politics of fear.

In practicing the relational Principles of Nonviolence we seek to recover and renew ourselves, our families and our politics - so violence and secrecy no longer shape our behavior. We realize that our lives, and those of our children, depend on our evolution. Learning to be non-violent is a new way of living – requiring a healing process that begins with the individual and ripples out into the larger world. As we heal our own relations we are demonstrating that people, organizations and governments can move the world pro-actively toward peace and wisdom. Join us in exploring and building this new future.

## **Joint (Gandhi-King) Principles of Nonviolence**

“At the center of nonviolence is the principle of love”. - M. L. King

- Nonviolence means to honor the inherent worth of every human being. In nonviolence we naturally seek to understand each other, build friendship and community.
- Nonviolence means believing that our lives are linked together, and that what we do affects the lives of everyone we encounter. That we are responsible to and for one another. That we can trust one another and work toward the common good.
- Nonviolence means dedicating ourselves to the fundamental rights of every human being (justice, equity, equality).
- Nonviolence is courageously choosing to practice compassion with our adversaries. We oppose injustice, not people.
- Nonviolence means recognizing love as the power of the human spirit to triumph over injustice, inequity, suffering - a true hero's journey of personal-social change.

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## **Gandhian Principles of Nonviolence**

“The only devils in the world are those running around in our own hearts and that is where the battle should be fought. ...”

“Truth is my religion and nonviolence (love) it’s only realization”. – M. K. Gandhi

1. Respect

I vow to respect others and the interconnectedness of all life.

2. Understanding

I vow to understand the "whys" (meaning behind behavior), for myself and others.

3. Acceptance

Out of respect and understanding, I vow to accept the differences of others.

4. Appreciating Differences

I seek to move beyond acceptance into appreciation and celebration of difference.

5. Truth and Truthfulness

I commit to be truthful and authentic and to confront untruth wherever I find it.

6. Absorbing Suffering

I take on without complaint any suffering that results from my confrontation with untruth. I also accept that all forms of violence cannot be totally eliminated.

7. Ahimsa (nonviolence) with my Adversary

I vow to help my adversary avoid all suffering, especially from our confrontation.

8. Trusteeship and Constructive Action

Beyond personal necessities, I see myself as God’s trustee over my possessions and talents. I promise to use them to empower others and make things fair for all.

## **Eight Social Blunders – Mahatma Gandhi**

- |                               |                                   |
|-------------------------------|-----------------------------------|
| - Wealth Without Work         | - Pleasure Without Conscience     |
| - Knowledge Without Character | - Commerce Without Morality       |
| - Science Without Humanity    | - Worship Without Sacrifice       |
| - Politics Without Principles | - Rights Without Responsibilities |

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## **Martin Luther King's Principles of Nonviolence**

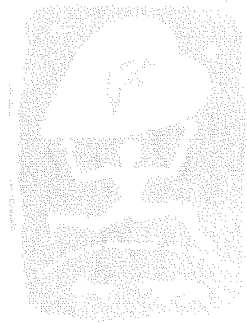
The aftermath of violence is tragic bitterness, while the aftermath of nonviolence is the beloved community. – M.L. King Jr.

1. Nonviolence is a way of life for courageous people.
2. Nonviolence seeks to win friendship and understanding.
3. Nonviolence seeks to defeat injustice, not people.
4. Nonviolence holds that suffering for a cause can educate and transform.
5. Nonviolence chooses love instead of hate.
6. Nonviolence holds that the universe is on the side of justice and that right will eventually prevail.

## **Dr. King's Six Steps to Social Change**

1. Information Gathering
2. Education
3. Personal Commitments
4. Negotiation
5. Direct Action
6. Reconciliation and Healing Process

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## PRINCIPLES OF NONVIOLENCE

### Nonviolence Means:

- ♥ BELIEVING that our lives are linked together, that what we do impacts the lives of other people. Therefore, we are responsible to and for one another.
- ♥ CHOOSING NONVIOLENCE AS A WAY OF LIFE by practicing peace daily.
- ♥ CHOOSING TO PRACTICE COMPASSION with our apparent adversaries. We oppose injustice, not people.
- ♥ CULTIVATING MORAL STRENGTH AND COURAGE through education and creative, nonviolent action.
- ♥ DEDICATING OURSELVES to guaranteeing the fundamental rights (justice, equity and equality) of every human being. It means using our talents to empower others as well as ourselves.
- ♥ EMBRACING THE GOD OF OUR HEART in our own personal and reflective way.
- ♥ ENLARGING OUR CAPACITY TO EMBRACE differences and appreciate the value of every human being.
- ♥ FINDING A GOAL that serves humanity, that serves a vision greater than ourselves, and dedicating our lives to it.
- ♥ HONORING the dignity and inherent worth of every human being.
- ♥ MAKING CHOICES THAT HONOR the sacredness of Life.
- ♥ PRACTICING COMPASSION AND FORGIVENESS for ourselves and others.
- ♥ RECOGNIZING LOVE as the power of the human spirit to triumph over injustice, social inequity and suffering. This is a hero's journey.
- ♥ STRENGTHENING OUR RESOLVE to be compassionate in our thoughts, words and actions.
- ♥ USING OUR TALENTS to serve others as well as ourselves.

## PLEDGES:

"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.

This is our pledge. These are our goals. We will check ourselves on what we have pledged once a month on the first day of the month for the next 12 months so we can help each other become more peaceable people."

This packet includes various pledge forms, including one for Preschool, Youth, Classroom, and Family. The Family pledge form is available in Tagalog, Vietnamese, Spanish, Hmong, Japanese, Lao, and other languages. Please visit the Season for Nonviolence website at <http://www.agnt.org/snv02.htm>. Scroll down to 64 ways, and click on the Family Pledge link.

Also included is information about Teens Acting for Peace (TAP), the web address is, [www.ipj-ppj.org/tap/about.html](http://www.ipj-ppj.org/tap/about.html)



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## Teens Acting for Peace (TAP)

Are you concerned about violence or the threat of violence in your school or your community?

Are you seeking a proactive approach to dealing with this national tragedy of increasing violence?

The Institute for Peace and Justice (IPJ) has developed a dynamic program that teaches high school and middle school youth to be peace educators with elementary students. Teens Acting for Peace (TAP), a national youth violence prevention training program, is actively "tapping" the creativity and energy of the nation's youth to help build peaceful schools and communities.

One and two day training models are used to train groups of students from one or more schools on the **Pledge of Nonviolence**, which consists of 7 components: Respect Self and Others, Listen, Communicate Better, Forgive, Play Creatively, Respect Nature and Be Courageous.

The TAP program includes three comprehensive resources: the Adult Advisor Training Manual, the Youth Instructor Workbook, and the Lesson Plan Resource Book. These complement the many other resources that are available from IPJ. The goals of TAP are:

- to train high school and middle school youth to teach the skills and values of violence prevention and the Pledge of Nonviolence in elementary schools;
- to put these same skills and values into practice in their own lives;
- to offer this vision of nonviolence to their own schools as well.

TAP provides a model of action for teens on issues of violence and offers resources and a cadre of trainers ready to work with your students and adult advisors.

TAP is part of the Institute's Families Against Violence initiative (FAVAN), a coalition of national organizations, faith communities and local community groups, schools and families. FAVAN's strategy is to provide alternatives to violence at all levels of human interaction through the use of the **Pledge of Nonviolence**. This Pledge has been translated into 13 different languages, has been adapted for use in congregations, workplaces, prisons and schools, and has been embraced by hundreds of thousands of people in the United States alone. In 1999, Dr. James McGinnis, co-founder of the Institute of Peace and Justice and author of the Pledge, began training youth in a St. Louis area high school to present the Pledge to elementary kids. From this groundbreaking work in St. Louis, TAP was born, has spread to Kansas City, Pittsburgh, Grand Rapids, Cincinnati, and Lakewood, New Jersey and is beginning to be used in many other areas throughout the United States.

FOR MORE INFORMATION: Contact Dr. James McGinnis, Institute of Peace and Justice, 475 East Lockwood Ave., St. Louis MO 63119. 314-918-2630; ppjn@aol.com.

## POSSIBLE YOUTH ACTIVITIES (Schools, Parks, Libraries, Playgrounds)

**The Hands Project** – Trace, decorate and sign hands as they pledge. Hands are for helping, not hurting. Be creative and display the hands. Invite parents to participate.

**Peace Table** – A special table is designated for children to go to when there is a conflict to be worked out.

**Create a Peace Pole** – A peace pole is planted or erected with at least four different languages reflecting peaceful behavior toward others.

**Pledge for Nonviolence** – Make a poster to be displayed in classroom, signed by all youth and adults.

**Culture & Geography Studies** – Learning about other cultures promotes understanding and acceptance. Explore other languages, country flags, foods, religions. Have students bring in items pertinent to their culture and describe their use or history to the class.

**Learn** – Have students pair up with a student from a different culture and allow them to “shadow” each other for a day to see what it is like to walk in someone else’s shoes.

**Hold a Peace Fair** – Invite youth to express their understanding of nonviolence and what peace means to them. Decorate shirts, buttons, posters. Sell the arts and crafts created by the youth with a portion of the proceeds being donated to a worthy cause of their choice.

**Music, Games, Books** – Use these avenues to teach youth about understanding and identifying feelings, how to express feelings appropriately, how to work and play together cooperatively, and hold discussions on various issues.

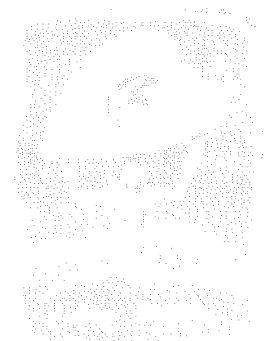
**Get Involved; Make a Difference** – Volunteer, write to politicians, TV/radio stations/newspapers regarding peace and conflict resolution.

**Reach Out** – Challenge all students to get to know at least one student they do not know. Speak out for someone in need.



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The Alameda Collaborative for Children, Youth & Their Families serves as a clearinghouse of information, an incubator of innovative ideas, and as an advocate for children, youth and their families. The organization's members consist of community-based organizations dedicated to strengthening Alameda's families and neighborhoods and helping make the connections they need to nurture strong children.

A comprehensive website ([www.alamedayouth.org](http://www.alamedayouth.org)) is maintained by the Collaborative providing a wide range of resources to assist parents and youth in identifying the variety of services available throughout our city. It also includes a teen section, "Teen Scene", and includes the Youth Yellow Pages, the teen magazine "Out Loud", and information on the Alameda Afterschool Service Corps for middle and high school students.

For further information about the Youth Collaborative, please call 510.749.5816, or email to: [www.alayouth@ci.alameda.ca.us](mailto:www.alayouth@ci.alameda.ca.us)

## ***Family Pledge of Nonviolence***

Making peace must start within ourselves and in our family. Each of us, members of the \_\_\_\_\_ family, commit ourselves as best we can 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 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 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 Respect Nature**

To treat the environment and all living things, including our pets, 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, at school, at work, or in the community, and to stand with others who are treated unfairly.

This is our pledge. These are our goals. We will check ourselves on what we have pledged once a month on \_\_\_\_\_ for the next twelve months so that we can help each other become more peaceable people.

*"Eliminating violence, one family at a time, starting with our own."*



## Gia Đình Cam Kết Không Bạo Động

Tạo hòa bình phải bắt đầu từ chúng ta và gia đình trước. Mỗi người trong chúng ta, những người trong gia đình \_\_\_\_\_, hãy hết sức cam kết trở thành những người hòa bình, không bạo hành:

### Tôn Trọng Mình và Người Khác

Tôn trọng mình, tôn trọng người khác, tránh phê bình bừa bãi, không dùng những tiếng ganh ghét, không đánh nhau và không cư xử tự hoại mình.

### Nói Năng Tốt Đẹp Hơn

Chia sẻ những cảm nghĩ một cách thành thực, tìm những cách êm đềm để diễn tả sự giận dữ của mình, và tìm cách giải quyết vấn đề cho êm thấm.

### Lắng Nghe

Lắng nghe nhau nói, đặc biệt đối với người không đồng ý với mình, hãy xét coi những nhu cầu và cảm nghĩ của người khác hơn là cứ tiếp tục khư khư theo ý mình.

### Tha Thứ

Xin lỗi và hàn gắn khi làm tổn thương người khác, hãy tha thứ cho người, đừng giữ thái độ hằn học.



### Tôn Trọng Thiên Nhiên

Chăm sóc môi trường chung quanh, tôn trọng mọi sinh vật, kể cả những thú nuôi trong nhà.



### Giải Trí Một Cách Sáng Tạo

Chọn lựa giải trí và những đồ chơi có tính cách yểm trợ những giá trị gia đình. Tránh giải trí những gì có tính cách bạo hành, không thích hợp.

### Can Đảm

Thử thách với bạo hành dưới mọi hình thức mỗi khi gặp phải, dù tại nhà, trường học, nơi làm việc hay trong cộng đồng. Đứng chung với những người bị đối xử bất công.

Đây là lời cam kết của chúng tôi. Đây là những mục tiêu của chúng tôi. Chúng tôi sẽ kiểm soát lại những gì mà chúng tôi đã cam kết, mỗi tháng một lần, vào ngày \_\_\_\_\_ trong suốt thời gian mười hai tháng tới để chúng tôi có thể giúp nhau trở thành những người hòa bình hơn.

Những người trong gia đình cam kết ký tên dưới đây:

_____	_____
_____	_____
_____	_____
_____	_____

***“Bỏ bạo động, từng gia đình một, bắt đầu với gia đình mình trước”***

### ***Pangako ng Pamilya sa Walang Karahasan***

Ang paggawa ng katahimikan ay kinakailangan na magsimula sa ating sarili at sa ating pamilya. Ang bawa't isa sa atin, myembro ng pamilyang \_\_\_\_\_, ay nangangako sa atin sarili sa lahat ng ating magagawa na maging hindi marahas at matahimik na tao.

#### **Igalang ang Sarili at Iba**

Igalang ang aking sarili, igalang ang iba at iwasan ang pamimintas, mga salita na nakakasakit, pananakit sa iba at pag-uugali na nakakasira sa sarili.

#### **Makipagusap ng Mas Mabuti**

Ibahagi ang aking mga damdamin ng tapat, humanap ng ligtas na paraan upang maipahayag ang aking galit, at ang paglutas ng mga problema ng matiwasay.



#### **Makinig**

Makinig ng mabuti sa isa't isa, lalong lalo na sa mga hindi umaayon sa akin, at isaalang-alang ang damdamin at pangangailangan ng iba kaysa sa ipag-pilitan ang aking sariling paraan.



#### **Magpatawad**

Humingi ng kapatawaran at magbago kung ako ay nakasakit ng iba, magpatawad, at huwag magtanim ng sama ng loob.

#### **Igalang ang Kalikasan**

Tratuhin ang kalikasan at ang lahat ng bagay na may buhay, kasama ang ating mga alagang hayop, ng may paggalang at pagmamalasakit.

#### **Maglaro na May Nagagawa**

Pumili ng libangan at mga laruan na sinusupportahan ang mga pinahahalagahan ng pamilya at iwasan ang libangan na ginagawa ang karahasan na mukhang nakakagalak, nakakatuwa o karapat-dapat.

#### **Maging Magiting**

Tutulan ang karahasan sa lahat ng klase anumang oras na nakaharap ko ito, sa bahay, sa paaralan, sa trabaho, o sa komunidad, at ipagtanggol ang iba na hindi trenatrato ng tama.

Ito ang aming pangako. Ito ang aming mga layunin. Titignan namin ang aming sarili kung ano ang aming pangako isang beses sa isang buwan sa \_\_\_\_\_ sa loob ng labing-dalawang buwan upang matulungan namin ang isa't isa na maging mas lalong mapayapang tao.

Ang mga myembro ng pamilya na nangangako pumirma sa ibaba:

_____	_____
_____	_____
_____	_____
_____	_____

***" Ang pagtanggap sa karahasan, isa-isang pamilya, umpisa sa ating sariling pamilya."***

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## *Promesa familiar para eliminar la violencia*

Para crear la paz hay que empezar con nosotros mismos como personas y con nuestra familia. Cada uno de los miembros de la familia \_\_\_\_\_ nos comprometemos a no actuar violentamente y a trabajar por la paz, de palabra y obra.

### **Respetándome a mí mismo y a los otros**

Actuar con respeto, reconocer los dones de otros, evitar las críticas destructivas, los insultos, la violencia física, las amenazas y el comportamiento autodestructivo.

### **Comunicándome mejor**

Compartir mis sentimientos e ideas honestamente, expresar mi enojo sin lastimar a nadie, resolver los problemas pacíficamente.

### **Escuchando atentamente**

Escuchar con cuidado a los otros, especialmente a los que no están de acuerdo conmigo, ser considerado con los sentimientos y necesidades de otros y no tratar de salirme siempre con la mía.

### **Perdonando de corazón**

Pedir perdón y enmendar mi falta cuando he herido a alguien, perdonar a otros y evitar guardar resentimientos.

### **Respetando a la naturaleza**

Tratar al medio ambiente y a todas las cosas vivientes con respeto y cariño incluyendo nuestras mascotas y plantas.

### **Divirtiernos creativamente**

Seleccionar juguetes y formas de entretenimiento que apoyan los valores familiares y evitar el entretenimiento que presenta a la violencia como algo excitante, divertido o aceptable.

### **Siendo valientes**

Denunciar la violencia en todas sus formas y en cualquier lugar, el hogar, la escuela, el trabajo, el barrio y abogar por aquellos que son tratados injustamente.

Esta es nuestra promesa. Estas son nuestras metas. Nosotros mismos evaluaremos nuestro avance una vez al mes, el día \_\_\_\_\_, por los próximos seis meses para ayudarnos unos a otros a ser gente de paz.

Los miembros de la familia comprometidos con esta promesa firman abajo:

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*Eliminando la violencia, una familia a la vez, empezando con la nuestra*

## *Preschool Pledge of Nonviolence*

Making peace must start within ourselves and in our school.  
We commit ourselves as best we can to become nonviolent and peaceable people:

### **To Respect Myself and Others**

To respect myself and other people and  
to keep from saying or doing mean things to others.

### **To Say How I Feel**

To share my feelings, to practice safe ways to talk and act when  
I feel mad, and to work out my problems peacefully.

### **To Listen to Others**

To listen to others and to care about others' feelings.

### **To Forgive**

To say "I'm sorry" and mean it when I've hurt a person,  
to forgive others when they hurt me, and to "check in"  
("Are you ok?") when I see someone who is sad.

### **To Respect the Environment**

To treat the environment (places we live,  
work and play) and all living things (people, animals, and plants)  
with respect and care.

### **To Play Safely**

To play in fair and safe ways, and to only use toys, watch TV programs  
or play games where people and animals are treated safely and fairly.

### **To Be a Strong and Fair Friend**

To speak up whenever I see anybody or anything being treated unfairly.  
This is our pledge. We will check ourselves monthly  
to keep our promise to build a more peaceable school.

*"Eliminating violence, one school at a time, starting with our own."*

## ***Youth Pledge of Nonviolence***

*M*aking peace must start within ourselves and in our school. Each of us, members of \_\_\_\_\_ school, commit ourselves as best we can 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 or emotional attacks, negative peer pressure, and self-destructive behavior, including abuse of alcohol and drugs.

### **To Communicate Better**

To share my feelings honestly, to look for safe ways to express my anger and other emotions, to work at solving problems peacefully, and to encourage an open system of communication throughout the school.

### **To Listen**

To listen carefully to one another, especially those who disagree with me, and to consider others' feelings and needs as valid as my own.

### **To Forgive**

To apologize and make amends when I have 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 and to promote environmental concern in the school.

### **To Recreate Nonviolently**

To select activities and entertainment that strengthen my commitment to nonviolence and that promote a less violent society, and to avoid social activities that make violence look exciting, funny or acceptable.

### **To Act Courageously**

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, even if it means standing alone.

This is our pledge. We will check ourselves monthly to keep our promise to build a more peaceable school.

*"Eliminating violence, one school at a time, starting with our own."*

# ***Classroom Pledge of Nonviolence***

Making peace must start within ourselves and in our classroom. Each of us, members of \_\_\_\_\_ class at \_\_\_\_\_ School, on this day, \_\_\_\_\_, 20\_\_, commit ourselves as best we can to become nonviolent and peaceable people.

## **To Respect Self and Others**

To respect ourselves, to affirm others and to avoid uncaring criticism, hateful words, physical attacks and self-destructive behavior.

## **To Communicate Better**

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

## **To Listen**

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

## **To Forgive**

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

## **To Respect Nature**

To treat the environment and all living things, including our pets, with respect and care.

## **To Play Creatively**

To select activities and toys that support our classroom's values and to avoid activities that make violence look exciting, funny or acceptable.

## **To Be Courageous**

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

This is our pledge. These are our goals. We will check ourselves on what we have pledged once a month on the \_\_\_\_\_ day of the month for this school year so that we can help each other become more peaceable people.

*"Eliminating violence, one classroom at a time, starting with our own."*