



Family Pledge of Nonviolence

Making peace must first start with *me* and then with my family.

Each of us, members of the _____ family,
commit ourselves, as best we can, to become nonviolent and a peaceful family.

To Respect ourselves and our family members
Communicate better and honestly with each other
Carefully Listen
Support each other
Not to Judge one another
Forgive and Forget

To respect Nature and our surroundings

To be creative and nonviolent in our entertainment and play

To be Courageous in living nonviolence

And ultimatelyTo Love one another

This **IS** our pledge.

We will check ourselves on what we have pledged once a month for the next twelve months so that we can support each other to really try to become better individuals and a more united and peaceful family.

We each give our pledge on _____ 2016:-

Names of Family members: _____,
_____, _____,
_____, _____,