



## Pledge of Nonviolence

*Nonviolence* is an attitude in front of life whose fundamental characteristic *is the rejection of all forms of violence* (physical, economic, racial, sexual, religious, psychological).

It is an active force for change, both personal and social. Nonviolence takes courage - it is not about being passive. But it also means to connect with the best in oneself, and to seek the best in the other.

I believe that my actions and attitudes do matter, and that by learning how to live nonviolently, I can make a difference in the world around me.

*Therefore, I take this Pledge of Nonviolence:*

- *first and foremost, to treat others as I would like to be treated*
- *to refrain from using the different forms of violence, but instead seek dialogue to find solutions*
- *to not tolerate expressions of violence and disrespect around me*
- *to strive to recognize what we have in common, before what separates us*
- *to communicate openly, and seek to understand the opinions and expressions of others*
- *to recognize and applaud diversity in customs, cultures and beliefs*
- *to reconcile with myself and with those around me*
- *to work with others in my community to take action against the different forms of violence.*