

# ASI's Non-Violence Pledge

As Dr. Martin Luther King Jr. once said, "Nonviolence is a powerful and just weapon, which cuts without wounding and ennobles the man who wields it. It is a sword that heals."

Take a moment to reflect on your strengths and supports. Sign the pledge and personalize with actions steps. (Action step ideas include: make a poster, encourage others to sign the pledge or share Dr. Martin Luther King Jr.'s quote with others).

- I pledge to respect my family, friends, and community through acting with kindness and empathy.
- I have the power to think about and process the things that upset me, and I will move to a safe place to protect myself from negative responses.
- If something upsets me, I will center my actions around the things I love so that there is no room for anger and violence.
- I will listen to others, even if I disagree, and we will talk about our disagreements patiently and respectfully.
- I will never use a gun or violence to address the problems I face, and I will not harm another person.
- I pledge to be free of violence and be a kind, respectful member of my community.

On this day \_\_\_\_\_, I \_\_\_\_\_ pledge to  
(your name)

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"Nonviolence is a weapon of the strong." - Mahatma Gandhi