

A SEASON FOR
NONVIOLENCE



LONG BEACH

.....“Be The Change You Wish To See In The World”

.....~Gandhi

WORKPLACE PLEDGE OF NONVIOLENCE

Making peace must start within ourselves and in our workplace. Each of us, workers at _____ (organization) commit ourselves as best we can to become nonviolent and peaceable people. *I pledge:*

To Respect Myself

To care for myself physically, emotionally and mentally; to take responsibility for the work that I have accepted and that has been entrusted to me; and to resist negative peer pressure and self-destructive behaviors.

To Respect Others

To affirm and encourage others and to avoid making uncaring criticism, impulsive remarks, hateful words, physical and emotional attacks and anything else that might dehumanize others.

To Communicate Better

To share my feelings honestly and respectfully, 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 and to promote teamwork throughout the workplace.

To Listen

To listen carefully to others, especially those who disagree with me, and to take into consideration others' feelings and needs rather than insist on having my own way.

To Forgive

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

To Respect the Environment

To treat the work environment and all resources with respect, to use the resources for the purpose for which they are intended, and to promote environmental concern in the workplace.

To Socialize Nonviolently

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

To Act Courageously

To actively challenge violence in all its forms whenever I encounter it, whether at home, at school, at work, or in the community, and to advocate for and with others who are treated unfairly, even if it means standing alone.

This is our pledge. These are our goals. We will check ourselves monthly on what we have pledged to keep our promise to build a more peaceable workplace.

I agree to this pledge by signing below:

X _____ Date

Healing, Transforming, and Empowering Lives and Communities

www.nonviolence.longbeach.gov