

## Nonviolence GRIP Student Peace Pledge



*Taking this pledge represents my commitment to heal my rage and transform my violence, starting with me, here and now. In solidarity with my family member that is graduating as a Peacemaker, I take this pledge and strive to keep it with him.*

I pledge to:

1. **Stop my violence.** Practice peaceful ways of interacting with myself and others. I pledge not to initiate or perpetuate violence in gang or race fights anywhere in the prison, and I pledge not to verbally instigate and incite violence in such situations.
2. **Pray for or otherwise honor the healing for the people I have hurt.** I dedicate this nonviolence commitment to them.
3. **Respond rather than react,** by mindfully observing my experience through regular practice, so I can make wise decisions.
4. **Treat my physical body with care** by not overworking or creating stress. I will seek to find a balance between time to work and rest. I will strive to eat wisely, exercise, and refrain from the use of intoxicants.
5. **Be true to my word.** I commit to being transparent and truthful, understanding that lying is abusive behavior and that blaming, judging and criticizing are disempowering and create conflict.
6. **Take only those things that are given freely,** not take things that don't belong to me, and live within my means.
7. **Listen to myself.** Seek to understand and communicate the needs underneath my anger and frustration. I take responsibility for managing my emotions, understanding that other people never make me feel the way I feel.
8. **Strive to forgive self and others;** let go of resentments and to apologize whenever it is helpful to do so.
9. **Learn how to foster sincere connections,** express my affections, develop intimacy and not create harm with sexual behaviors.
10. **Strive to establish equality and nurture healthy and authentic relationships with other beings.** Treat everyone equally regardless of their gender, race, sexual orientation, stature, religious background, country of origin, age, or political views, including animals and all living beings.
11. **Challenge my own belief systems,** understanding that there is always another perspective.
12. **Become someone who seeks to understand** rather than someone that seeks just to be understood.
13. **Share with others and not hide** the times that I fail to stick to this pledge.
14. **Be of service to my community.**
15. **Challenge violence firmly but kindly,** in all its forms, whenever it is wise to do so, and stand with others who are treated unfairly, even if that means standing alone.

I give permission to all in my Community to help me stay on the path of this pledge.

**"I commit myself to a lifetime of nonviolence & peacekeeping as if life depends on it, because I understand it does."**

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Print name

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Signature