Pledge of Nonviolence

Making peace must start within ourselves,

in our families, in our schools and in our parishes.

Each of us, members of the Assumption Catholic School community,

commit ourselves to become nonviolent and peaceable people:

To Respect Self and Other:

To respect myself, to affirm others, and avoid uncaring criticism,

hateful words, physical attacks, and self-destructive behaviours.

To Communicate Better:

To share my feelings honestly, to look for safe ways to express my anger,

and to work at solving problems peacefully.

To Listen:

To listen carefully to one another, especially those who disagree with me,

and to consider others’ feelings and needs rather than insist on having my own way.

To Forgive:

To apologize and make amends when I have hurt another,

to forgive others, and to keep from holding grudges.

To Respect Nature:

To treat the environment and all living things with respect and care.

To Recreate Nonviolently:

To promote athletic and recreational activities that encourage cooperation

and to avoid activities that make violence look exciting, funny, or acceptable.

To Be Courageous:

To challenge violence in all its forms whenever I encounter it, whether at home, at school, in the parish, or in the community, and to stand with others who are treated unfairly.