Pledge of Non-Violence

I believe that peace and respect must first exist within myself and it is then my personal responsibility to help create a community safe from abuse and oppression.

Therefore:

• I will not commit acts of verbal, physical or sexual violence
• I will not tolerate violence or disrespect by remaining silent
• I will continuously examine my beliefs, values, language, and behaviors in order to eliminate any that are abusive or oppressive
• I will not engage in self-destructive behaviors and will seek support from others that are committed to non-violence
• I will model non-violence and respect to children
• I will take personal actions, small or large, to ensure safety in my home and community
• I will support community/societal efforts to end violence
• I will honor the voices of women, children, and all others who give guidance to this mission
• I will engage other men in dialogues that promote respect for others
• I will support, honor and value men of integrity
• In my interactions with men, my behavior will reflect equality and dignity for all

I, _______________________________ accept the beliefs of the MAVA Pledge of Non-Violence.

I agree to allow MAVA to include my name on a publicized list of individuals who have signed this pledge.  YES ☐  NO ☐

I agree to allow MAVA to contact me in the future regarding events, volunteer opportunities, newsletters, etc.  YES ☐  NO ☐

_____________________________________________________________________________
Name
_____________________________________________________________________________
Address     City/State    Zip
_____________________________________________________________________________
Home Phone    Cell Phone   Work Phone
_____________________________________________________________________________
E-mail Address

MAVA wishes to acknowledge your courage and strength in accepting this Pledge of Non-Violence.