

**IN THE NAME OF PEACE  
STOP THE MADNESS  
STOP THE VIOLENCE  
A NATIONAL SHOUT OUT AND PLEDGE**

1. I, \_\_\_\_\_ (say your name), pledge that from this day forward, I will strive to accept, know, respect and love myself and my brothers and sisters.

2. I, \_\_\_\_\_ (say your name), pledge that from this day forward, I will strive to improve myself spiritually, morally, mentally, politically and economically for the good of myself, my family and my community.

3. I, \_\_\_\_\_ (say your name), pledge to strive to control my thoughts, words and actions, and to remove negative influences in my life and my environment.

4. I, \_\_\_\_\_ (say your name), pledge that before I shout it out or fight it out, I will strive to think it out, talk it out, work it out and peace it out.

5. I, \_\_\_\_\_ (say your name), pledge that from this day forward, I will not raise my hand to fight, use a knife, a gun or any weapon to harm any member of my family or the community.

6. I, \_\_\_\_\_ (say your name), pledge that I will not poison my mind and body with drugs or anything that is destructive and addictive to my health and well being.

7. I, \_\_\_\_\_ (say your name), pledge to work for peace, justice and empowerment for myself, family and the community.

I, \_\_\_\_\_ (say your name), will do all this, so help me God.

Name

