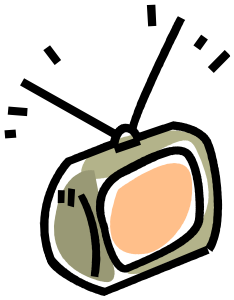

No Violence:

Not Here, Not There, Not Anywhere

Just For Today Family Promise

Making peace must start with me. I commit myself as best I can to become a nonviolent and peaceable person. Everything I do can bring peace to me and to the people around me when I make good choices.

Just for today, I will choose not to watch any violence on T.V., play any video game that simulates violence or listen to music with lyrics about violence. I will not take part in any activity that involves violence. I will not choose violence in my words or actions. Today, I will be free of violence. Peace begins here. Peace begins with me.

Name	Date
Name	Date
Name	Date
Name	Date
Name	Date

Below are some of the activities we can do as a family, with our friends or even by ourselves, with the free time we will have by choosing activities with no violence.