



PROJECT THRIVE PLEDGE

I understand that making peace must start within myself. I wish to see an end to all forms of trauma plaguing our society as I understand that trauma affects all of us. I do this because I know that:

- Reducing the number of violent events requires a broad social change;
- I am part of establishing what constitutes acceptable norms in our community;
- I know others will observe my choices and follow my lead.

I PLEDGE TO:

1. Believe and support women, children and men who have experienced any form of trauma;
2. Encourage a culture of reporting violence to stop the vicious cycle of violence;
3. Care for myself and others physically, emotionally, mentally and spiritually;
4. Take responsibility for my actions and refrain from self-destructive behavior and seek help if I can't do this on my own;
5. Communicate my feelings honestly and respectfully and to look for safe ways to express my anger and other negative emotions and to work at solving problems;
6. Listen carefully to others, especially those who disagree with me and to take into consideration others' feelings and needs rather than insist on having my own way;
7. Apologize and make amends when I have hurt another and to keep myself from holding grudges;
8. Socialize non-violently by selecting social activities that strengthen our commitment to non-violence and to avoid social activities that make violence look exciting, funny or acceptable;
9. Be courageous and actively challenge violence in all its forms, wherever I encounter it;
10. Ensure I am conscious about creating a functional family environment by reducing trauma, violence, vulgar language and anti-social behavior as I am conscious that children exposed to this environment are more likely to adopt this behavior;
11. Strive to be a parent who raises a wholesome child by instilling strong values and confidence.

THIS IS MY PLEDGE. I WANT TO BE A PART OF BUILDING A TRAUMA-INFORMED COMMUNITY, ONE PERSON AT A TIME, STARTING WITH MYSELF!

Pledgee

Date

<https://www.mobilepd.org/projectthrive/>
#projectTHRIVE