

Living Peacefully #2

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Family Covenant of Non-Violence

A family can support and help each other to practice peaceful living by agreeing to a Family Covenant. Covenants are agreements or promises to each other. Physicians for Global Survival Canada offer these covenants to adopt new behaviours, and new ways of talking to each other to bring positive change to family relationships.

1. **To communicate more positively and clearly.** I will share my feelings honestly, ask for what I want, express my anger and frustration calmly, and work to solve problems openly and peacefully.
2. **To listen carefully.** I will work to listen and understand what others are saying. If I disagree I will still listen carefully and ask if what I am hearing is accurate.
3. **To respect others.** I will avoid criticizing, attacking or blaming. Instead I will use "I statements" that say what I need or want clearly.
4. **To forgive others and myself.** To be human is to be imperfect. I will do my best and when I fall short I will forgive myself. I will apologize and make amends when I hurt others. I will forgive others when they are less than perfect and I will talk with the person rather than hold grudges.
5. **To respect nature.** We live in beautiful surroundings and I agree to treat the earth and all living things with respect. This includes caring properly for pets.
6. **To play creatively.** We will choose games that suit our family values and avoid entertainment that makes violence look exciting, funny or acceptable.
7. **To have courage.** Making changes is not simple. It takes courage to change ingrained patterns of behaviour. It takes bravery to stand up for new ideas and to speak up for peace.

At the Violence Prevention and Response Program, we are developing a public education program promoting peaceful relationships. If you are interested, please contact Elaine at People for a Healthy Community 250-247-7311