



# Men Against Violence & Abuse

1301 S. 8th Street, Suite 110 • Colorado Springs, Colorado 80906 • (719) 331-9628

## 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

Wallet Pledge Card

Please print clearly and mail this pledge form to the above address.



**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.**

I, \_\_\_\_\_ accept the beliefs of the MAVA Pledge of Non-Violence.  
signature

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*.