

Sample Pledges

KINDNESS PLEDGE

My name is _____. I understand that being kind makes life better for everyone.

Kindness is showing that I care about anyone or anything that crosses my path. I can be kind to people, to animals, and to the environment. Kindness is shown in small gestures that brighten people's lives. I can practise kindness by noticing when someone or something needs my help.

I pledge to practise kindness and to be my very best!

Adapted from: <https://thevchannel.com/kindness-pledge/>

SUSTAINABILITY PLEDGE

I pledge to live a more sustainable lifestyle. I will consider the environmental, social, and economic impacts of my daily decisions and make every effort to be responsible in these areas. I will also share my individual sustainability efforts with others and in my community to inspire people in making conscientious choices for the planet.

Source: <https://theearthproject.com/sustainability-pledge/>

ANTI-BULLY PLEDGE

I _____,

will always be nice and caring to my peers at school and in the community. I will always accept people for who they are. I will not bully people by hurting them with name calling, pushing, hitting and kicking, or excluding them from activities. When I see someone being bullied, I will stand up for them and be a friend always and forever.

Adapted from: <https://www.niot.org/action-hub/kit/sample-pledges>

NOT IN OUR TOWN

As a member of the _____ community, I _____

Pledge to take a stand against any and ALL hateful actions.

I feel that negative actions towards any person based on race, ethnicity, gender, religion, sexuality, ability, or any other factor are unacceptable. In acts of hate and intolerance, I feel that my silence is acceptance and in order to combat hateful actions, I will COMMIT TO CHANGE, speak up and do what I can to remedy the situation. I will express that such actions are intolerable in our community.

Adapted from: <https://www.niot.org/action-hub/kit/sample-pledges>