

# *Peace Pledges*

*Solemn, binding promises to do, give, or refrain from doing something*

*Think about what is important to you,  
and how you can do what you can  
to make our world just and peaceful for everyone to live in.*

*“Including You – Acting Together for One World in Peace”*

<p><b><i>I pledge to ...</i></b></p> <p>Try to do only to others what I would have done to myself</p>	<p><b><i>Why?</i></b></p> <p>Because if everyone can follow this example we will all be treated with love, kindness and respect, and this will bring peace and harmony to the world.</p>
<p><b><i>I pledge to ...</i></b></p> <p>Switch to an ethical bank</p>	<p><b><i>Why?</i></b></p> <p>Because it is good to know that your savings don't finance the arms trade or hold developing world debt.</p>
<p><b><i>I pledge to ...</i></b></p> <p>Join a campaigning group that seeks to understand and address the fundamental causes of injustice that force people to leave their homes.</p>	<p><b><i>Why?</i></b></p> <p>Because many of the causes are rooted in western society and we need to work in solidarity with the vulnerable wherever they are to uphold their rights.</p>

<p><b><i>I pledge to ...</i></b></p> <p>Converse with someone from a different faith or culture to myself</p>	<p><b><i>Why?</i></b></p> <p>Because while the world’s major religions advocate peace, people’s perception is increasingly that religion is the cause of violence. Greater understanding decreases suspicion and increases friendship, unity and solidarity.</p>
<p><b><i>I pledge to ...</i></b></p> <p>Talk more to my neighbours</p>	<p><b><i>Why?</i></b></p> <p>Because it develops understanding relationships, forges a sense of community and makes us feel part of where we live. We can look out for each other, so everyone worries less and has greater personal peace.</p>

<p style="text-align: center;"><b><i>I pledge to ...</i></b></p> <p style="text-align: center;">Pray for peace at the personal, local and global levels</p>	<p style="text-align: center;"><b><i>Why?</i></b></p> <p style="text-align: center;">Because praying for peace can be a powerful and positive experience and all faiths teach the importance of peace.</p>
<p style="text-align: center;"><b><i>I pledge to ...</i></b></p> <p style="text-align: center;">Keep buying Fair Trade products</p>	<p style="text-align: center;"><b><i>Why?</i></b></p> <p style="text-align: center;">Because fair trade means a better deal for the producers. It allows them to feed and educate their families, access healthcare and develop their communities, bringing peace to those around them.</p>

<p><b><i>I pledge to ...</i></b></p> <p>Buy organic goods whenever possible</p>	<p><b><i>Why?</i></b></p> <p>Because other crops are sprayed by highly pollutant insecticides which not only damage the environment but communities nearby.</p> <p>The International Criminal Court is now prioritising crimes against humanity that result in destruction of the environment.</p>
<p><b><i>I pledge to ...</i></b></p> <p>Take action against injustice</p>	<p><b><i>Why?</i></b></p> <p>Because whether it is an apparent miscarriage of justice which has been reported in the media or a local event in your school, community or workplace, writing a letter or signing a petition is a powerful tool on the side of right.</p>

<p><b><i>I pledge to ...</i></b></p> <p>Praise good behaviour</p>	<p><b><i>Why?</i></b></p> <p>Because praise inspires people and encourages more of the same.</p>
<p><b><i>I pledge to ...</i></b></p> <p>Set up a standing order to a charitable agency that works with the world's poorest people</p>	<p><b><i>Why?</i></b></p> <p>Because when charities have a regular income rather than occasional gifts, they can plan better and use the money in more efficient ways to implement and sustain peace and justice.</p>
<p><b><i>I pledge to ...</i></b></p> <p>try to get my book club to read a book written by someone from a culture other than our own</p>	<p><b><i>Why?</i></b></p> <p>Because it would give us an insight into how people in that culture live and view the world –it would offer alternative perspectives on the challenges we all face.</p>

<p><b><i>I pledge to ...</i></b></p> <p>Read and share good news stories</p>	<p><b><i>Why?</i></b></p> <p>Because they will put the bad news into perspective and inspire people to believe that a better world is possible.</p>
<p><b><i>I pledge to...</i></b></p> <p>Find of examples of people acting together to make refugees welcome and tell others</p>	<p><b><i>Why?</i></b></p> <p>Because stories of success inspire hope and encourage others to take action.</p>
<p><b><i>I pledge to ...</i></b></p> <p>Find ways to practically support local refugees and asylum-seekers</p>	<p><b><i>Why?</i></b></p> <p>Because it is the humane way to treat victims of persecution and war and can bring hope to future generations.</p>

<p><b><i>I pledge to ...</i></b></p> <p>Smile more – especially to people I don't know</p>	<p><b><i>Why?</i></b></p> <p>Because a smile inspires people to feel good about themselves and respond positively.</p>
<p><b><i>I pledge to ...</i></b></p> <p>Find out about non-violent protest</p>	<p><b><i>Why?</i></b></p> <p>Because with patience, words and peaceful action you can bring about real change for the better.</p>
<p><b><i>I pledge to ...</i></b></p> <p>Tell my local MP what I would like her/him to do to ensure that refugees are welcome here</p>	<p><b><i>Why?</i></b></p> <p>Because if enough people speak up, change will really happen.</p>



<p><b><i>I pledge to...</i></b></p> <p>To seek out a local charity helping refugees and offer my help</p>	<p><b><i>Why?</i></b></p> <p>Because if each of us does something, we can build a culture of understanding and inclusion</p>
<p><b><i>I pledge to...</i></b></p> <p>Write a letter to my local newspaper telling an asylum seeker's story (anonymously) and explaining why our community should offer them sanctuary (see Christian Aid's campaign <a href="#"><u>"Change the Story"</u></a>)</p>	<p><b><i>Why?</i></b></p> <p>Because people need to see behind the numbers to acknowledge the individual men, women, children and families who have been forced to seek refuge.</p>

<p><b><i>I pledge to ...</i></b></p> <p>Tell the story of how Muslim volunteers helped communities affected by floods in York last winter or how they are helping with local foodbanks (or similar accounts)</p>	<p><b><i>Why?</i></b></p> <p>Because it can counter Islamophobia, by offering people a perspective of Muslims in Britain actively contributing to the well-being of their fellow British citizens.</p>
<p><b><i>I pledge to ...</i></b></p> <p>Search my wardrobe for any warm clothes I could donate to a charity helping asylum seekers.</p>	<p><b><i>Why?</i></b></p> <p>Many asylum seekers/refugees arrive having fled their home in a hurry and arrive here with nothing</p>