

OFFICE OF THE GOVERNOR
STATE OF OREGON

PROCLAMATION

- WHEREAS: A world without abuse and violence is a dream we all share, and
- WHEREAS: Any form of mistreatment of another is abuse and all people have the moral and legal Right to Live Free of Abuse and Violence, and
- WHEREAS: We recognize that respect for ourselves and others is key to developing healthy relationships, and
- WHEREAS: Anger is a feeling, abuse and/or violence is a choice – both violence and nonviolence are learned behaviors often taught at a very young age, and
- WHEREAS: Verbal and emotional abuse can be just as damaging as physical violence to a person's self worth, creating scars that are carried for the rest of his/her life, and
- WHEREAS: We acknowledge that each of us must come to understand that it is within our personal power to choose not to use abuse and/or violence to resolve conflict, and
- WHEREAS: We, together with communities around the country and overseas, recognize the Hands & Words Are Not For Hurting Project's Pledge is an effective tool and a key piece of the puzzle in abuse and violence prevention education, and
- WHEREAS: Let us all join Hands & Hearts to unite as a family, community, state, nation and world by pledging, both privately and publicly: "I WILL NOT USE MY HANDS OR MY WORDS FOR HURTING MYSELF OR OTHERS" ®

NOW,

THEREFORE, I, Theodore R. Kulongoski, Governor of the State of Oregon, hereby proclaim October 17-23, 2010 to be the 13th Annual National

HANDS & WORDS ARE NOT FOR HURTING WEEK

in Oregon and encourage all Oregonians to join in this observance.

IN WITNESS WHEREOF, I hereunto set my hand and cause the Great Seal of the State of Oregon to be affixed. Done at the State Capitol in the City of Salem in the State of Oregon on this day, _____

Governor's Signature
Secretary of State Signature