

STATE OF OREGON  
**PROCLAMATION**  
OFFICE OF THE GOVERNOR

- 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. 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 and 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."

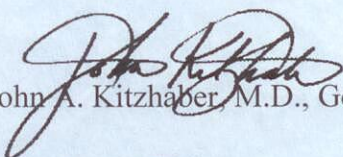
**NOW,**  
**THEREFORE:** I, John A. Kitzhaber, M.D., Governor of the State of Oregon, hereby proclaim **October 21-27, 2012** to be

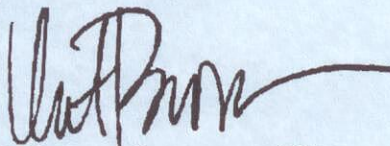
**HANDS & WORDS ARE NOT FOR HURTING WEEK**

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 Capitol in the City of Salem in the State of Oregon on this day, September 18, 2012.



  
John A. Kitzhaber, M.D., Governor

  
Kate Brown, Secretary of State