

# *Purple Hands Pledge* ®



**“I Will Not Use My Hands Or My Words For Hurting Myself Or Others”** ®

*You and your family are invited to join HANDS & HEARTS with hundreds of thousands of children and adults around the world who have taken the Purple Hands Pledge* ®

- ♥ Discuss with your family the choices that every member makes when they become angry or upset. Everyone gets angry. Everyone fights.
- ♥ Anger is a feeling. *Abuse & Violence is Always a Choice.*
- ♥ Discuss what you will not do with your hands and words when you are angry.
- ♥ Promise not to call each other names, put each other down, hit, slap, kick, spit....
- ♥ Never touch anyone when you are angry.
- ♥ By taking the Purple Hands Pledge and tracing your hand means you are drawing the line to stop and think before hurting yourself or others.

The Pledge is designed to help people of all ages *PAY ATTENTION* to the things we say and do to ourselves and others that cause pain. It is also about paying attention to what others are saying and doing to us and asking for help if we are being hurt or hurting ourselves.

Trace your hand on *Purple* paper, and, inside your hand print, sign your name, age and the date you took the Pledge together. Display your Purple Hands Pledges in a permanent, visible place in your home as a reminder and symbol of your personal commitment to each other. Repeat the Pledge together often!

*Together...Changing Lives...Saving Lives!*

*The Color Purple: To Remember & Honor Victims & Survivors of Abuse, Violence & Suicide*

**“I WILL NOT USE MY HANDS OR MY WORDS  
FOR HURTING MYSELF OR OTHERS”<sup>®</sup>**

**A MESSAGE & SYMBOL OF HOPE  
THAT ONE DAY WE WILL LIVE FREE OF ABUSE, VIOLENCE & SUICIDE**

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**HANDS & WORDS ARE NOT FOR HURTING PROJECT<sup>®</sup>**  
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