

STATE OF OREGON
PROCLAMATION
OFFICE OF THE GOVERNOR

- WHEREAS:** The State of Oregon and Marion County are joining together to proclaim a commitment to ending abuse, violence, and suicide in homes, schools, and communities across the state; 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:** 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 their life; and
- WHEREAS:** Self-harm and suicide must be acknowledged as a serious public health crisis, as the number of victims continues to escalate in children, teens, and adults; and
- WHEREAS:** Anger is a feeling, but abuse and violence are 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 recognize that respect for ourselves and others is key to developing healthy relationships; and
- WHEREAS:** We, together with communities around the country and overseas, recognize the Hands & Words Are Not For Hurting Project's Purple Hands Pledge® is an effective tool and a key piece of the puzzle in abuse, violence, and suicide 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, Kate Brown, Governor of the State of Oregon, hereby proclaim **October 16 - 22, 2022** 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, October 11, 2022.

Kate Brown, Governor

Shemia Fagan, Secretary of State