

## PROCLAMATION

**WHEREAS**, a community without abuse, violence, and suicide 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**, each of us must come to understand that it is within our personal power to choose not to use abuse and violence to resolve conflict; and

**WHEREAS**, we recognize that respect for ourselves and others is key to developing healthy relationships at every age and in all circumstances; and

**WHEREAS**, the principal of non-violent resolution of conflict must be taught to our children and practiced within each of our families; 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**, verbal abuse such as name calling, insulting, and belittling frequently escalates into simple force like pushing, grabbing or slapping, and the worst scenario is the escalation to rage, serious violence, and even murder; and

**WHEREAS**, self-harm and suicide must be acknowledged as a serious public health crisis as numbers of victims continue to escalate in children, teens, and adults; and

**WHEREAS**, 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 in abuse, violence, and suicide prevention education; and


**NOW, THEREFORE**, I, Chris Hoy, Mayor of the City of Salem, do hereby proclaim October 20-26, 2024, as

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

and encourage residents to join Hands & Hearts to unite as a family and a community to pledge that "I will not use my hands or my words for hurting myself or others."

DATED this fourteenth day of October 2024.



  
Chris Hoy  
Mayor