

Purple Hands Pledge®

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



Fourteen words recited *daily (publicly or privately)* to help people PAY ATTENTION to the things we say and do to ourselves and others that cause pain. The Purple Hands Pledge® encourages dialogue about all forms of abuse, violence, self-harm and suicide...from name calling, belittling, put downs, and negative self-talk (I'm stupid, ugly...) shoving, hitting...words and actions that can escalate to self-harm, suicide and/or murder.

When taking the Purple Hands Pledge® you are asked to trace your own hand on **purple** paper, sign your name and age and post your Pledge in your home, school, workplace, place of worship, wherever people live, work, pray or play together to serve as a visual reminder of your personal commitment to **stop and think before** you say or do anything hurtful.

Anger is a feeling, abuse and violence is *always a choice*.

These Purple Hands serve as a symbol of Unity as we reinforce and recognize the Power and Value of every individual's *choice...*
to use our words and actions *to help...not to hurt...*
ourselves or others.



Ann S. Kelly

Author - Hands & Words Are Not For Hurting Pledge - 1997

Creator - Hands & Words Are Not For Hurting Logo - 1997