



## **NO VIOLENCE** ©

(Value #5: Non-Violence)



**Description:** When people join together to achieve a goal, they can make big changes happen. Here's an example: Before 1920, women in the United States were not allowed to vote. So large groups of women took to the streets, marching, carrying signs and making speeches. Finally, the government gave women the right to vote.

Some groups have tried to make changes through violence. That means people hurting each other – with guns and sticks and bombs and fists. Sometimes it means all-out war.

But here's something many people don't realize: You can make big changes in the world – really good ones – without using any violence at all. This is called peaceful change, or **non-violence**.

We can look to history for examples of leaders who changed the world through non-violence. In India, Mahatma Gandhi brought about justice using peaceful methods, like the boycott. In the United States, Martin Luther King, Jr. helped African Americans win important rights, without hurting anybody.

### **Example from Cesar's Life**

Cesar Chavez used the ideas of Gandhi and King to help migrant farmworkers gain better lives. Because he respected life and believed in peace, Cesar refused to allow UFW members to use any violence. These are a few of the **non-violent** ways the Union gained strength:



## Cesar Chavez Service Clubs

Building Youth Leadership through Service

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- The boycott
- Talking to lots of people and winning support
- Prayer
- Holding meetings
- Building community

### Examples from Your Life

Violence isn't just big things that happen in faraway places – like war in the Middle East or fighting in Africa. Violence happens in our everyday lives, too. When you see kids fighting on the playground or even calling someone bad names, teasing and bullying...that too is violence.

Believe it or not, it takes more courage to be peaceful than to be violent. But it brings far better results and makes people happier. You can do your part to build a peaceful world.

**Activities** (These are things to try because they'll help you become a non-violent person.)

- If you come upon kids who are fighting, don't join in. Don't even cheer one of them on. Find an adult to break it up, and then walk away.
- The next time you hear kids say bad things about someone else, walk away.
- Read a book or rent a video about a hero of nonviolence, like Gandhi, King, Chavez, or Desmond Tutu.
- When you hear people talk about wanting war in another country, don't join in. Remember that during war, innocent people are killed.
- Speak up if you see someone hurting an animal – and treat your own pets with kindness.



# The Ten Values of Cesar Chavez

1. **Teach Someone** (Service to Others)
2. **Sacrifice for Others** (Sacrifice)
3. **Help Someone** (Help the Most Needy)
4. **Si Se Puede** (Determination)
5. **No Violence** (Nonviolence)
6. **We're All Different** (Accepting of All People)
7. **Respect Others** (Respect for Life)
8. **Be Proud** (Celebrating Community)
9. **Knowledge Is Power** (Knowledge)
10. **Be Creative** (Innovation)



## NO VIOLENCE PLEDGE

“I will try to make a more peaceful world by practicing nonviolence in my life. I’ll start by becoming aware that violence takes many forms, including cruel talk, physical fighting, animal cruelty, and hatred of the people in other countries. If I witness any of these types of violence, I’ll refuse to participate. I’ll become a nonviolent leader in my corner of the world.”

**Sign here after saying pledge: X.**

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