

BEFORE THE BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON

PROCLAMATION NO. 02-129

Proclaiming the Week of October 20 to October 27, 2002 as Hands and Words are Not for Hurting Week in Multnomah County, Oregon

The Multnomah County Board of Commissioners Finds:

- a. The Hands and Words are Not for Hurting Campaign is a program which asks people to take a pledge not to use violence (verbal or physical) to control others, not to tolerate any form of abuse from others, not to hurt yourself with words or actions, and to develop healthy relationships based on respect and equality.
- b. Anger is a feeling, violence is a choice - both violence and non-violence are learned behaviors often taught at a very young age.
- c. Verbal abuse such as name-calling, insulting, cursing, 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.
- d. Verbal and emotional abuse can be just as damaging as physical violence to a person's self-esteem, creating scars that are carried for the rest of a person's life.
- e. The mission of the Hands and Words are Not for Hurting Project is "to educate each person in every community about their moral and legal right to live free of violence".

The Multnomah County Board of Commissioners Proclaims:

The week of October 20 through October 27, 2002 is Hands and Words are Not for Hurting Week in Multnomah County, Oregon. The Board commends the Hands and Words are Not for Hurting Campaign for outstanding service, leadership, and commitment to prevent violence. The Board encourages all citizens of Multnomah County to take part in the Project events scheduled the week of October 20 through 27, 2002; and to make and keep the Pledge, "**I will not use my hands or my words for hurting myself or others**", in order to live free from violence

ADOPTED this 10th day of October, 2002.

BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON


Diane M. Linn, Chair

