

Universal Human Rights Pledge

I believe that every individual has an infinite and eternal worth.

I believe that recognition of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice, and peace in the world.

I believe that every individual is entitled to dignity and respect, without prejudice toward race, color, gender, disability, language, religion, creed, national origin, property, age or other status.

I believe that every thought and every act of such prejudice is harmful. If it is my thought or act, then it is harmful to me as well as others.

Therefore, from this day forward, I will strive daily to eliminate such prejudice from my thoughts and actions.

I will discourage such prejudice from others at every opportunity.

I will treat all people with dignity and respect.

I will strive to honor this pledge, knowing that the world will be a better place because of my efforts.

-- Adapted from the Birmingham Pledge and the Universal Declaration of Human Rights