



Commit to Prevent!®

Your Pledge

Commit to Prevent® is a pledge campaign that draws on the strengths of each individual, group, business, neighborhood, place of worship, elected official, hospital, school and association. **Commit to Prevent®** solicits a commitment of something tangible to help support children, parents and caregivers.

This campaign encourages everyone in the community to take responsibility for providing the support and assistance critical to the success of children. Your **Commit to Prevent®** pledge is an important strategy to create a supportive and protective environment for children and a caring community for parents.

The pledge cards can be distributed at awareness events, presentations, informal gatherings, community meetings, exhibits or through social and print media. No matter your age, your geographic location, your socio-economic status or your educational level, you can make a pledge to **Commit to Prevent®**. Here are some ideas to get you started:

- I pledge to babysit free of charge so parents can take a break.
- I will arrange a “parent’s group” so mom/dad can share the joys and challenges of parenting while children have the opportunity to play together.
- As a grandparent, I pledge to take care of a grandchild each week to relieve some pressure on my son/daughter.
- As a preschool teacher, I will establish informational meetings for parents of young children to provide them with information on parenting.
- I will offer a neighbor a ride to an activity.
- I will learn the names of all the children living on my street.
- I pledge to volunteer my time.
- As an employee of XYZ, I pledge to ask my boss/human resources department about participating in the **Commit to Prevent®**: Wear Blue Day on April 4th and publicizing our involvement via social media.
- I pledge to go to <http://tinyurl.com/pcakrun> to register for the 1st annual **Commit to Prevent®** Run/Walk on April 5th.
- I will organize the planting of a pinwheel garden in my community.
- I pledge to talk to members of my worship community to see how we can get involved.

