



Ideas for your Commit to Prevent® pledge:

- volunteer
- plant a pinwheel garden
- issue a proclamation
- wear blue on “Commit to Prevent: Wear Blue Day” (April 10th) & post on social media #CommitToPrevent and send to pcaky@pcaky.org
- babysit free-of-charge
- make sure child-serving facilities have policies regarding the reporting of child abuse
- run an errand, bake cookies or prepare a meal for a new parent in my neighborhood
- make special time for a child
- contact [elected official] to let them know children are a priority
- participate in the Commit to Prevent Run/Walk on April 12th
- ask my place of worship to devote a service to children
- write a letter to the editor
- distribute parenting information
- let parents know when they are doing a great job
- Let PCAK know of my interest in the PCAK Legislative Network

Commit to Prevent®

PLEDGE CARD

I commit to prevent the abuse and neglect of Kentucky's children by:

[write your commitment here:]

I Commit to Prevent ®in honor of/in memory of:



Post your pledge via social media using **#CommitToPrevent!** Send us your pledge so we can share with others! When sending, please let us know if you give us permission to share your pledge or, if you prefer, we will share your idea with others, but withhold your name.

Please copy your pledge and send it to us at:

Prevent Child Abuse Kentucky
801 Corporate Drive – Ste. 120
Lexington, KY 40503
or email to us at: pcaky@pcaky.org

____ please share my idea

____ please share my idea, but do not share my name

Name (optional) _____

Email address (optional) _____

County _____