

The Commit To Prevent® Pledge

Use our website, this page or come up with your own ideas to make a commitment pledge towards preventing child abuse and neglect. Create a pledge card, or contact PCAK, pcaky@pcaky.org, to receive pledge cards you may distribute to local community members. Post your pledge in a business, school, and on social media using [#CommitToPrevent](https://www.instagram.com/CommitToPrevent) - or send pledge(s) to PCAK!

- Share my experiences handling stress with families facing similar challenges.
- Babysit free of charge so parents can take a break.
- Arrange a “parent support group” so mom/dad can share the joys and challenges of parenting while children have the opportunity to play together.
- As a grandparent, take care of a grandchild each week to relieve some pressure on my son/daughter.
- As a preschool teacher, establish informational meetings for parents of young children to provide them with information on parenting.
- Offer a neighbor a ride to an activity.
- Learn the names of all the children, and their parents, living on my street.
- Volunteer time to a child or youth-serving organization.
- Run an errand, bake cookies or prepare a meal for a new parent in the neighborhood.
- As an employee, ask my boss/human resources department about participating in the Commit to Prevent® Photo Challenge, planting pinwheels and having a Commit To Prevent® yard sign outside the office, having a dress down day to raise money for child abuse and neglect prevention programs, selling paper pinwheels for prevention, or participating in the April 7th Commit to Prevent®: Wear Blue Day.
- Talk to parents about typical child development.
- Wear blue on April 6th for Commit To Prevent Wear®: Blue Day and post a photo on social media using [#CommitToPrevent](https://www.instagram.com/CommitToPrevent) and send to pcaky@pcaky.org.
- Register for the Lexi Memorial Commit to Prevent® Run/Walk on April 15th via www.pcaky.org/5K.
- Organize the planting of a pinwheel garden in my community. <http://www.pcaky.org/Pinwheels.html>
- Talk to members of my worship community about involvement in child abuse prevention.
- Ask my place of worship or child’s athletic organization what steps they are taking to ensure our children are safe from child predators.
- Advocate by writing or calling elected officials to seek greater support for child abuse and neglect prevention statewide, and to let them know children are a priority.
- Distribute parenting information in my community.
- Learn more about Kentucky Strengthening Families and protective factors, and share the information with friends, family and social groups.
- Visit www.pcaky.org to plant a virtual pinwheel to show my commitment to child abuse prevention.
- Donate \$5 or more towards prevention programming. www.pcaky.org