



My Hands Pledge

" My hands are for helping and caring... "

"My hands are NOT for hitting and hurting."

Trace your hand. Color. Sign the pledge. Remember your pledge.

"I pledge: My hands are NOT for hitting and hurting.
My hands are for helping and caring."

Name: _____ Date: _____



Community Resource Kit

Alaska Children's Trust 1-800-643-KIDS

Alaska Child Abuse Prevention Network. akchildabuseprevention.org



My Hands Pledge Directions

1. Make lots of copies of the pledge sheet on the other side of this paper.
2. Choose a time and a place where people can trace their hand and sign the pledge. Set up tables. Have lots of crayons or markers available. Invite children and adults of all ages to participate.
3. Choose a wall where people can post their hand pledges. Have tape available. Families may want to hang their pledges on the wall together. You can make a large banner with the words of the pledge on top of it. Make this activity available over several weeks, such as during the entire month of April. Then invite people to take their pledges home.
4. Talk about the "My Hands" pledge at school, at community events or during church services. Encourage different groups and organizations to come together to take the pledge.
5. Have fun!



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