

WHAT CAN I DO?

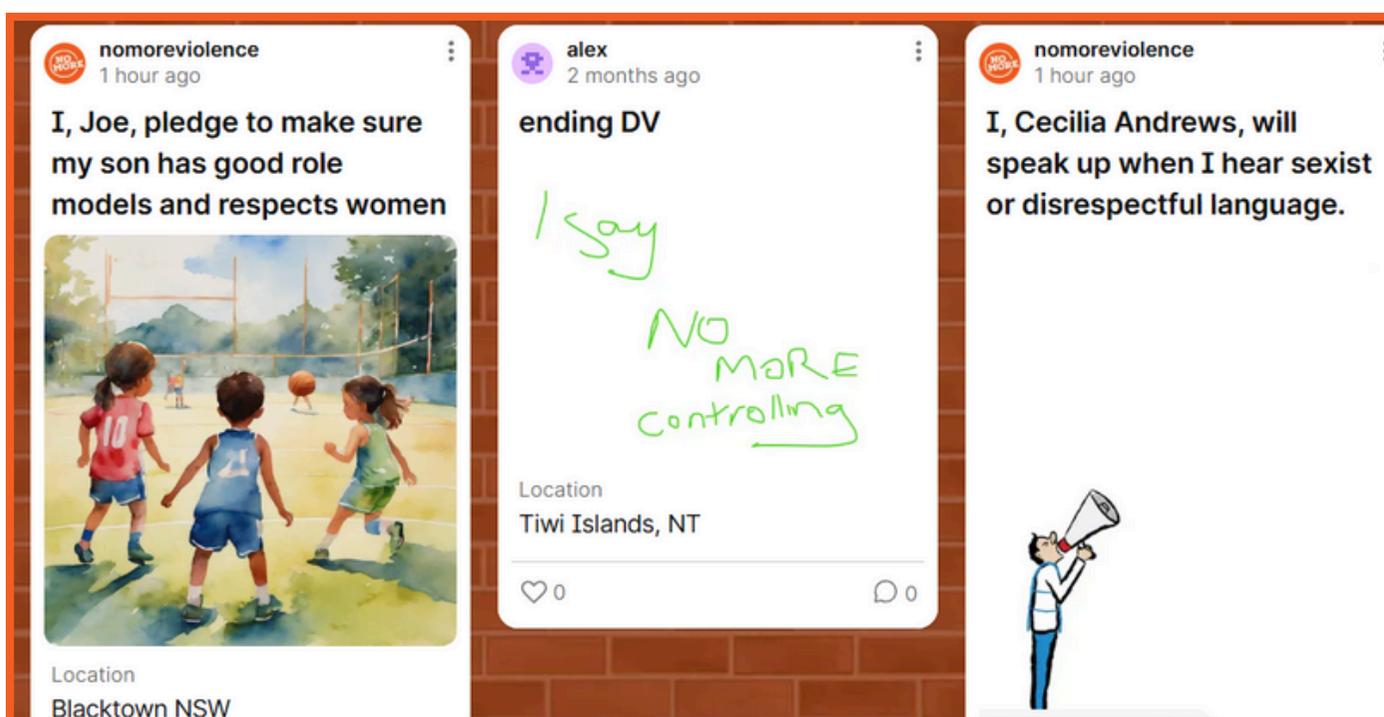
NO MORE

Here is one thing YOU can do to help end family violence

- ✓ Add your pledge to our digital wall using the QR Code or going to <https://tinyurl.com/2025AWYWC>



PLEDGE YOUR ACTION



Make it personal

On your pledge you can:

- Take a selfie
- Draw a picture
- Upload a team photo
- Link to a support service
- Create an image

- ✓ It might be something you already do.
- ✓ It might be small or feel like a bold step.
- ★ Every action counts.

Here is some inspiration

I commit to speaking up when I hear sexist or disrespectful language.

I pledge to challenge the status quo of locker room chatter

I have shared a DV support service on my socials.

I will check in with a friend or teammate who might be going through a tough time.

I will encourage the men in my family to share their feelings

I will ensure my son grows up respecting women

I will encourage my friends to make their own pledge

I commit to starting a conversation about DV even though I am not sure where to start