

# You've signed the pledge...now what?

Here are some tips for living the pledge. Put them into practice in your daily life.



If you hear someone using language that is disrespectful or abusive, **SPEAK UP**. Saying “I don’t appreciate that” or “that’s not okay” can send a powerful message.



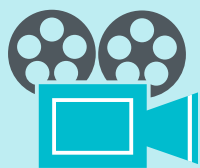
**WATCH YOUR LANGUAGE**. Encourage young boys and girls in your life to express a broad range of healthy emotions. Be aware of how you might unintentionally encourage violence by dismissing emotions as weak or feminine.



**ASK YOUR SCHOOLS** to teach students about healthy relationships. Coaching Boys Into Men is a program that does this through athletic programs. Learn more at [www.coachescorner.org](http://www.coachescorner.org). Call 211 to request the program.



Young people need to hear frequent messages about the importance of respect. **ASK KIDS ABOUT RELATIONSHIPS** they see at school, on TV or online. For tips, visit [www.loveisrespect.org](http://www.loveisrespect.org).



**MIND THE MEDIA**. TV, video games and popular music often portray women in a degrading manner. Talk about it.



**LEAD BY EXAMPLE**. Never use violence in any form, and support women’s shelters, rape crisis programs and all who are working to end gender violence.

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