

ASK PARENTS/CAREGIVERS TO TAKE THE NO HITTING PLEDGE

I, _____, pledge to never use any form of physical discipline.

I will not spank, hit, whip or tap my child/children.

I know that corporal punishment can harm my child's physical, intellectual and psychological wellbeing and damage our relationship.

I understand that science has proven that all forms of spanking are harmful, ineffective and can have negative effects on their brain.

I pledge to use effective parenting alternatives that model that hitting is not an acceptable tool for parenting, leadership or expressing emotions.

