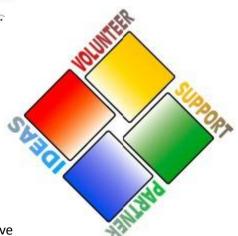
What you can do to Help:

Websites:

- 1. Provide a year-round link to the Responsible Parenting Campaign webpage on your website.
- 2. Post a Parenting Awareness Month Indiana (PAMI) banner on your website during the entire month of April.
- 3. Sponsor a contest on the topic of Responsible Parenting on your website.
- 4. Host a web chat/online forum for parents on the topic of Effective and Responsible Parenting or whether Parenting Education is the best tool for helping parents raise healthier children.
- 5. Post a Responsible Parenting article. Link it to the Responsible Parenting Campaign webpage.



National Organizations:

- 1. Download Responsible Parenting Campaign brochures and send them to your local affiliates.
- 2. Become an official PAMI Partner.
- 3. Display a Responsible Parenting Campaign banner on your website throughout the year
- 4. Publish a newsletter article promoting the Responsible Parenting Campaign and PAMI
- 5. Create Public Service Announcements for the Responsible Parenting Campaign and PAMI
- 6. Get in touch with state and national policymakers to encourage them to support and promote the Responsible Parenting Campaign and PAMI, and/or to issue a proclamation or resolution.

Local Organizations:

- 1. Provide a year-round link to the Responsible Parenting Campaign webpage on your website.
- 2. Post a PAMI banner on your website during the entire month of April.
- 3. Order PAMI materials and send them out to your affiliates and to supporters in your area.
- 4. Create and post posters promoting PAMI.
- 5. Create a Shortcut to the Responsible Parenting Campaign website on the desktop of all your computers
- 6. Organize a PAMI event during the month of April for your constituents to raise awareness, encourage responsible parenting, and provide information on community resources for families.
- 7. Send out a press release to your local media outlets about your efforts, involvement, and programs promoting PAMI and the Responsible Parenting Campaign.
- 8. Send a PAMI and/or Responsible Parenting Campaign PSA ad to local newspapers and media outlets.



- 9. Get in touch with state and national policymakers to encourage them to support and promote the Responsible Parenting Campaign and PAMI, and/or to issue a proclamation or resolution.
- 10. Sponsor and/or host a PAMI event in your community during the month of April.

Businesses:

- 1. Provide a year-round link to the Responsible Parenting Campaign webpage on your website.
- 2. Post a PAMI banner on your website during the entire month of April.
- 3. Order and distribute PAMI promotional materials, such as wristbands, pens, and pins.
- 4. Host or sponsor a Forum in your community on the topic of Effective and Responsible Parenting.
- 5. Provide incentives (coupons, products, etc.) to parents who present with a Certificate of Completion from a Responsible Parenting Campaign/IPI event or class, and advertise this at your business.
- 6. Become a Sponsor of the Responsible Parenting Campaign.

Policymakers:

- 1. Issue a proclamation or resolution in support of the Responsible Parenting Campaign and/or PAMI (visit www.indianaparentinginstitute.org for samples).
- 2. Use the Responsible Parenting Campaign to introduce a new initiative or highlight a current event.
- 3. Sponsor a Parenting Prevention Event, and include a special segment for teens.
- 4. Create a PSA or issue a press release in support of the Responsible Parenting Campaign (to Preserve the Welfare of Hoosier Children) and/or April is Parenting Awareness Month Indiana (in celebration and acknowledgement of people raising children in Indiana).
- 5. Send out a "Dear Colleague" letter informing your fellow policymakers about PAMI and the Responsible Parenting Campaign.

Parents:

- 1. Encourage your school and church to implement events in support of the Responsible Parenting Campaign and PAMI.
- 2. Host a "Family Chat." Use this time to talk with your children about their hopes and dreams, their relationships and their concerns, and what they think you can do to improve their life and future.
- 3. Organize a local PTA/community center event on parent/child communication, covering such topics as sex, love, values, and relationships.
- 4. Tell other parents and adults about PAMI and the Responsible Parenting Campaign.
- 5. Improve your parenting skills enroll in a parenting education class.
- 6. Spend a day in school with your children.
- 7. Spend some time together have a Family Night out or in.
- 8. Post a PAMI poster on your refrigerator door.
- 9. Hug your children and tell them you love them as many times a day during the month of April as possible.



Family Services Agencies (those who work with parents):

- 1. Order and distribute PAMI and Responsible Parenting Campaign promotional materials to parents in your area and in programs.
- 2. Encourage parents to learn to expand their parenting skills by taking parenting classes, or joining a parent support group.
- 3. Encourage parents to volunteer at school, church, or other organizations that help parents and children.
- 4. Download the **Parent Discussion Guide** at www.indianaparentinginstitute.org. Encourage parents to take the quiz and use what they learn as a conversation starter with their children about age appropriate issues, such as schoolwork, career goals, and even more personal issues such as sex. love and relationships.
- 5. Inform colleagues about PAMI and the Responsible Parenting Campaign.
- 6. Host an event in your community, school, or organization.
- 7. Provide a place for parents to gather and share parenting and family issues.
- 8. Ask local businesses to donate incentive prizes (e.g., gift certificates, coupons, etc.) for parents who attend and complete a parenting workshop.
- 9. Get parents and teens to distribute PAMI and Responsible Parenting Campaign promotional materials in public places (e.g., schools, malls, clinics, etc.)
- 10. **Teachers**: Offer extra credit to teens who volunteer during PAMI at daycare centers or for other programs mentoring younger children.

Teens:

- 1. Download a PAMI and/or Responsible Parenting Campaign brochure at www.indianaparentinginstitute.org.
- 2. Encourage your parents to learn more about the Responsible Parenting Campaign and PAMI.
- 3. Make or download (at www.indianaparentinginstitute.org) posters promoting the event, and put them in your school and throughout your community.
- 4. Put a PAMI web banner on your blog or online profile.
- 5. Provide a link to the Responsible Parenting Campaign on your social media page (e.g., facebook), personal website, or blog.
- 6. Earn Community Service credit by volunteering during PAMI (e.g., mentoring youth at your church).

