

URBAN YOUTH TRAUMA CENTER

COVID-19 PROMOTING PANDEMIC PEACE INSTRUCTIONS & PLEDGE SHEET

Living through a global pandemic can lead to a range of social, emotional, behavioral, and cognitive problems for youth and families. It is important to work towards creating an environment where individuals can feel safe, and that we can identify ways to stay connected and healthy. Using the COVID-19 best practices recommendation, use the pledge sheet to write what you will do to help promote peace and resilience during this pandemic.

Step 1 - Visit the UYTC website to review the best practices for supporting individuals during a pandemic. <https://www.psych.uic.edu/research/urban-youth-trauma-center/covid-19-best-practices/how-to-provide-support-during-covid-19>

Step 2 – Write down your pledge for how you plan to use the best practice strategies to help yourself, your family, or others during a pandemic.

Step 3 – Take a picture of or with your pledge.

Step 4 – Share your picture on Facebook, Instagram, and Twitter using the hashtags **#PromotingPandemicPeace**, **#UYTC**, and **#COVID19**

Pledge Sheet Example:

I plan to #PromotePandemicPeace by...

Helping caregivers apply self-care strategies during telehealth appointments with youth and families



Take action to promote resilience!

I plan to #PromotePandemicPeace by...



Take action to promote resilience!