The *Super* CAP Month
Challenge

ARE YOU READY?

April is Child Abuse Prevention Month and we have a challenge for you! If you wish to accept this challenge to be a super advocate, complete the five steps below and post your progess on social media using these hashtags: #pictureabrighterfuture, #okwearsblue, #pledge2protect, and/or #happychildhoods.

Like Us on Facebook

1. Like **OK Child Abuse Prevention** on Facebook if you haven't already. Scan the QR Code.

Wear Blue Day, April 1

1. On **Thursday, April 1, 2021**, organize your work place, classroom or your family and **Wear Blue**. Help raise awareness of child abuse and neglect.

2. Take a photo of yourself or others and share on social media with the hashtag #OKWearsBlue!

Plant a Pinwheel Garden

1. Show your support for your community's children by planting a pinwheel garden at your place of business, your school, your church or your home. Call (405) 232-2500 to reserve your pinwheels for April 2021.

2. Post a photo or video of your pinwheel garden to Facebook, Twitter and Instagram and use hashtags #happychildhoods, #pinwheels.

Happy Day Coloring Challenge

1. Have your child/children create a drawing of their happiest day or simply a "Happy Day Picture".

2. Use a plain white piece of paper or download the template. at https://go.usa.gov/xdDV6 (If using plain white paper, add child's first name only, age and #pictureabrighterfuture.)

3. Color Away! (Remember to be creative and have fun!)

4. Take a photo of the drawing with your smartphone.

5. SHARE! Upload the drawing to your Facebook, Twitter and Instagram pages and describe your artwork to provide context. Use hashtag #pictureabrighterfuture.

Build a Blue Ribbon Tree

1. Decorate or create a tree. Blue flagging tape doubles as "ribbons" for outside trees; bright, affordable and weather resistant. (Available at amazon.com)

2. Get listed in the official tree registry. Scan QR code below!

3. Post a picture or video of your tree to your Facebook, Twitter and Instagram and use hashtag #pictureabrighterfuture.