



March 16 is #MyFreedomDay

-- when students around the world raise their voices against modern slavery.

This year, even though the pandemic still grips much of the world, it is more important than ever that we continue to find creative ways to raise awareness of this issue.

We're encouraging teachers and students to come up with their own ideas, but here's something you can do right now.

We want students to start Freedom chains on social media.

Here's how it works

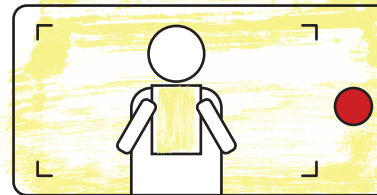
1 Print out the pledge

– you can find it [here](#).



2 Record a video.

The video should start off with you holding the pledge directly up to the camera, then pulling it back and saying your name and where you're from.



After signing the pledge, **nominate three friends to do the same** and end the video either by holding the pledge back up to the camera or by passing it off screen either to the left, right, up or down.

It's up to the next person nominated to begin their video from where you left off.

3 Post the video

On Instagram or another social media platform using the hashtag:

#MyFreedomDay



If you don't have access to a printer, you can answer the question: **"What are you doing to help end slavery?"** then nominate three friends to do the same.