Six Degrees of Separation – Checking in Saves Lives is a network of Detroit PAL mentors, volunteers and families willing to be an ongoing source of trusted, timely and important information to at least six people through virtual check-ins. Staying connected even when we are apart is important because 6 feet of separation does not mean social isolation.

Take the 6° of Separation Pledge

I PLEDGE TO:

1) Virtually check-in on 6 friends' physical and mental health on the 6th, 16th and 26th day of each month beginning April 16th and continuing through the end of June.
   (Sample scripts are available at www.detroitpal.org)
2) Provide them with a resource link to factual information regarding COVID-19 critical updates via text, email, social media, website
3) Share important information with them regarding the census or voting

I WILL ALSO CONSIDER:

1) Purchasing a 6 Degrees of Separation T-shirt at the following link:
   https://www.createmytee.com/6degrees
   and posting a selfie in my T-shirt on social media using the hashtag:
   #CheckingInSavesLives

2) Or donating directly to Detroit PAL at:
   www.detroitpal.org/donate