

I will do something for Amnesty International every day for a month but only if 19 other people will too.

— Lorna Coupland

More details: Every day for a month (pick a month, any month), I'll do something for Amnesty International, and I'd like you to do the same. It might be something as simple as clicking on the free donation button at <http://stopviolence.care2.com/>. It might be putting up a poster or rambling about Amnesty International to a friend in the pub. It might be adding your face and your voice to the Control Arms campaign (<http://www.controlarms.org/>). It might be writing a letter, fax or email to help someone, somewhere, right now (<http://www.amnesty.org/actnow/>).

I want to do this, and I want you to do this, because it's important. Because Amnesty International are a great organisation. Because I'm making puppy-dog eyes at you, personally, right now. But mostly, because there's a lot of really bad things happening in the world, and we can help stop that. We can be the people who stood up and spoke out, not the people who sat down and shut up.

Text **pledge onemonthamnesty** to **60022** (UK only) or pledge at www.pledgebank.com/onemonthamnesty

This pledge closes on **31st July 2008**. Thanks!

Remember, you only have to act if 19 other people sign up – that's what PledgeBank is all about.

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