

## A cricket's most definable physical characteristic is it's strong and powerful legs.

Maybe that's why Jennifer's middle school track coach gave her the nickname. The name "Cricket" stuck and it would become strangely fitting over time. At age 18, Cricket became a NCAA Division 1 track star for the University of Houston. But it was a long road to get there. In the second grade, her school counselor noticed bruises on her body. "They created a file on me, with images of my abuse... I knew something was wrong but I was still afraid to get my mother in trouble."

Running from child abuse is much easier said than done, but in a weird way that's exactly what Cricket did. The full athletic scholarship she earned turned into a life of new possibilities. She eventually decided that she would never go by her birth name again. "I felt like I didn't know Jennifer, the girl who endured years of abuse, but I do know **Cricket**. She's a creative, upbeat and well-rounded individual." Now, as a mother herself, Cricket's promise is to create a family legacy built on love and security.

"What happened to me will end with me."

**Stories like this one are the lifeblood of our organization.  
We want to hear from you.**

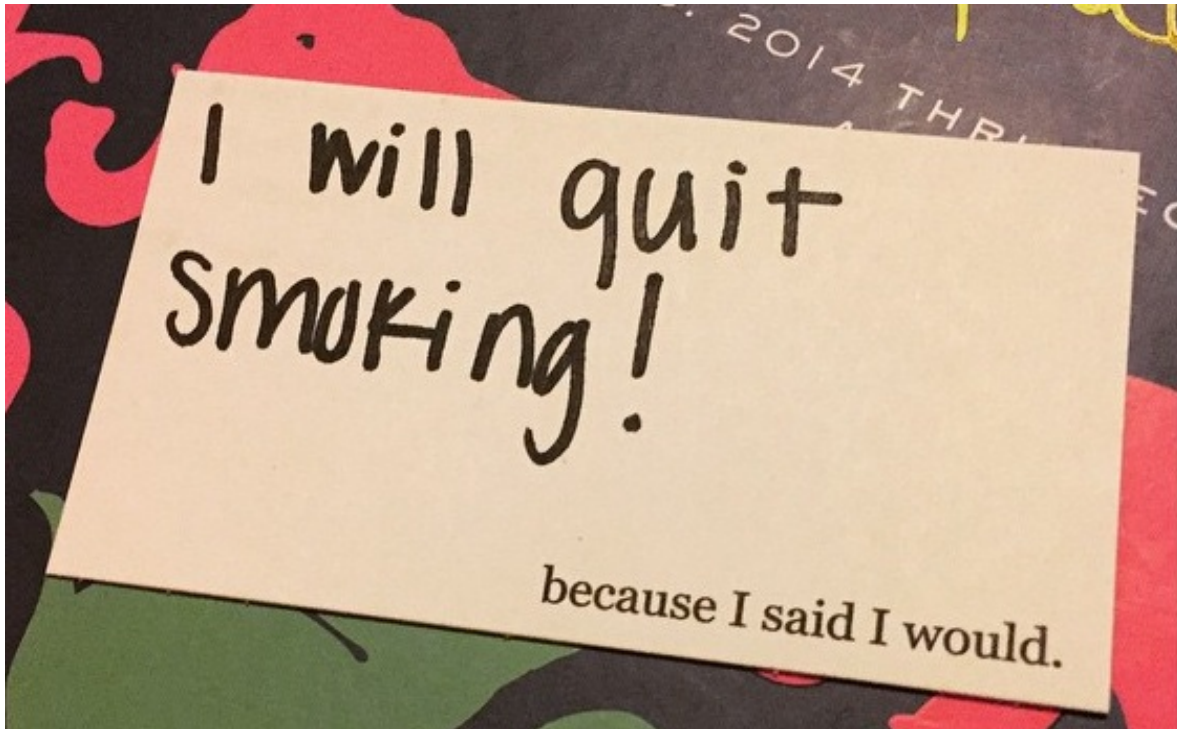


[Share your Promise Story](#)

# January 12th is the day.

It's the day that the majority of people abandon their New Year's resolutions.\* And 71% of those resolutions have to do with health.\* So, why do we abandon them? Is it because we don't think of a resolution as a promise? If you or someone you know needs help making a healthy promise, we have a solution!

Our "Healthy Promises" resource is designed to help achieve your health and wellness goals. And, of course, to fine tune your promise skills along the way. Click below to download yours. It's time to flex your promise muscle!



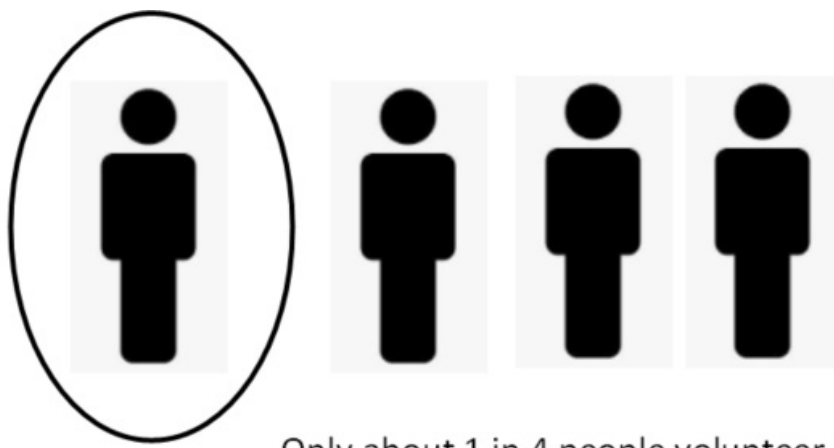
[Download your free "Healthy Promises" resource](#)

*\*New York Post 12/21/18*

*\*INC.com 1/1/19*

## Volunteer Project Plans

### Volunteerism is broken.



Only about 1 in 4 people volunteer on a regular basis.

Volunteering can be difficult. In fact, volunteer involvement in organizations has decreased and is at its lowest since 2002 at 25.4%.\* But why? Because the barriers to entry are too high! For example, the place you want to volunteer for may be too far from home, the hours are not convenient or there is too much training involved. But we do know that people want to make a difference. In 2011, over 65% of people said they helped their friends and neighbors which indicates that altruism and community participation is still alive.\*

Bottom line, we know the barriers to volunteering are too high and yet people want to do more. So, why not do **your own [Volunteer Project Plan](#)** ?

**Each individual is only one promise away from making a difference.** These project plans leverage the energy of everyday citizens to make a difference in their communities and aim to reduce the barriers by providing volunteer projects that can be accomplished by a group of friends, a family, a school or employees of a corporation.

Our VPP library continues to grow. **We offer eight different plans** that address various social problems. Check out all eight at below!

- [Suicide Prevention Day](#)
- [Freeing up Time for Families in Crisis](#)
- [Storymaking with Seniors](#)
- [Birthday Party for Homeless Children](#)
- [Sobriety Support Packs](#)
- [Recognizing Unsung Heroes](#)
- [Bikes for Foster Children](#)
- [Trash Cleanup Bingo](#)

*\*[Source: Baldwin, G. (2015). Volunteer Engagement 2.0: Ideas and Insights Changing the World. John Wiley & Sons. ]*

## New Members

**We are looking for new board members.**

Are you an avid *because I said I would* supporter? Do you want to help us reach more students, engage more professionals, and grow our character education

programming? Please contact [Molly Hanley](#), VP of Development, to find out more about becoming a board member.



[Apply now](#)

[becauseisaidiwould.com](http://becauseisaidiwould.com)

