

THE PLEDGE

In honor to myself, my family, my community and my environment,

I PLEDGE TO STAY DRUG FREE.

I will commit to a drug and alcohol free lifestyle

that includes fun and relaxation.

I promise to help my friends keep their lives healthy and drug free.

If pressured to use drugs or alcohol by friends, I will not debate.

I will stay drug free and have a plan to get out of a difficult situation

including walking away.

I will learn more about the harmful effects of drugs with the
goal of fulfilling the drug free pledge to myself, family, and community.

Name