

take the *PLEDGE*

to be drug & alcohol free!

I, _____ pledge to live a life without drugs and alcohol regardless of peer pressure. I would also like to go to school and learn without being interrupted by the problems of drugs and alcohol.

To this end:

I pledge to live a Drug and Alcohol Free life.

I pledge not to use drugs, alcohol, or cigarettes because I can make my dreams come true if I stay Drug-Free and believe in myself.

I pledge to show my friends that Substance-Free is more fun.

I pledge to stay in school and learn the things that I need to know.

I pledge not to accept the use or sale of drugs in or around my school and community.

I pledge to learn more about how drugs and alcohol harm people and tell people the truth about the harmful effects of these substances.

***I know that I can achieve my dreams
and live my life as I choose because of my pledge.***

I have learned about the risks associated with underage drinking and substance abuse. I understand and agree to abide by my school's rules and guidelines on living a healthy lifestyle that is alcohol and drug-free.

Name: _____

School and Grade: _____

Date: _____



Based on the pledge form PFP: Prevention and Promotion Month-by-Month Call to Action and Planning Guide.

Visit: www.theriskisreal.org and talk about this with your parents and other adults at home!

