

# TAKE THE Prevention Pledge



Everyone can play a role in prevention. Small actions make a big difference. Choose items below and pledge to take action to prevent substance abuse and promote healthy living.

## I will...

- |   |   |
|---|---|
| <input type="checkbox"/> Talk to others about the prevention of substance use and the promotion of mental, emotional and behavioral well-being.   | <input type="checkbox"/> Be a role model in my community by abstaining from alcohol abuse and illicit drug use.   |
| <input type="checkbox"/> Host or attend an event that focuses on the prevention of substance abuse and community action around this issue.  | <input type="checkbox"/> Volunteer with a community program or organization that provides support for at-risk populations such as youth, Tribal communities, and military families. |
| <input type="checkbox"/> Plan and host a drug- and alcohol-free party or gathering.   | <input type="checkbox"/> Encourage my local school district to implement an alcohol and substance use prevention program and provide programs to promote students' mental health.   |
| <input type="checkbox"/> Encourage my children, friends and/or family members to improve their behavioral health by promoting rest, a healthy diet, physical exercise, and time outdoors. | <input type="checkbox"/> Spread the prevention message online by posting about substance abuse prevention on my Facebook and Twitter pages, and on my blog or website.              |
| <input type="checkbox"/> Point loved ones in the direction of resources that can help them improve their mental, emotional, and behavioral well-being.                                    | <input type="checkbox"/> Encourage friends, family, neighbors, and loved ones to sign the Prevention Pledge!  |
| <input type="checkbox"/> Talk with a friend or loved one who has been having a difficult time and discuss things that are bothering him/her.  |   |

I know that prevention matters! I pledge to take action to prevent substance abuse and promote mental, emotional, and behavioral well-being. I recognize that I have the ability to make a difference – in my own life, in the lives of my friends and family, and in my community. I pledge to take responsibility for the daily choices that I make, and to focus on maintaining a healthy lifestyle.

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Signature

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Date