PLEDGE FOR LIFE
A Foundation of Trust and Caring for Young Adults

This Pledge is designed to prompt a conversation between you and your close friends or family about keeping everyone safe and avoiding harmful situations.

I RECOGNIZE that there are many potentially dangerous decisions that I might face.

I WILL do everything in my power to avoid putting myself in situations that could jeopardize my health, my safety, my overall well-being, or that of others.

I PLEDGE MY BEST EFFORTS TO...
1. Never drive under the influence of alcohol or other drugs or ride with a driver under the influence of alcohol or drugs.
2. Call a committed other or reputable ride service for safe transportation home if I am under the influence of any substance or my ride home is using alcohol or drugs.
3. Avoid going alone into potentially unsafe environments or walking home alone after a night out.
4. Designate a committed other to look out for my health and safety and communicate with me about the dangerous decisions I may face.

my signature __________________________________________

COMMITTED OTHER(S)

I AGREE to meet you and assist you in getting home safely. I will postpone any discussion about these situations until the next day when it can be done calmly.

signature of committed other _________________________ (optional)

signature of committed other _________________________ (optional)

signature of committed other _________________________ (optional)