

IF AT ALL

i stand for life

My Now and Forever Pledge

I will make clear decisions about what I believe and why. I will live what I believe!

I believe living fully involves making decisions to keep yourself and others safe:

If I choose to drink, I will set boundaries that protect my ability to have fun and live a healthy life!

While alcohol does not kill, rape or injure – I know that poor decision-making mixed with alcohol use may kill or may lead to brokenness.

I will set real boundaries and steer clear of dangerous situations.

I will respect and support those who choose not to drink.

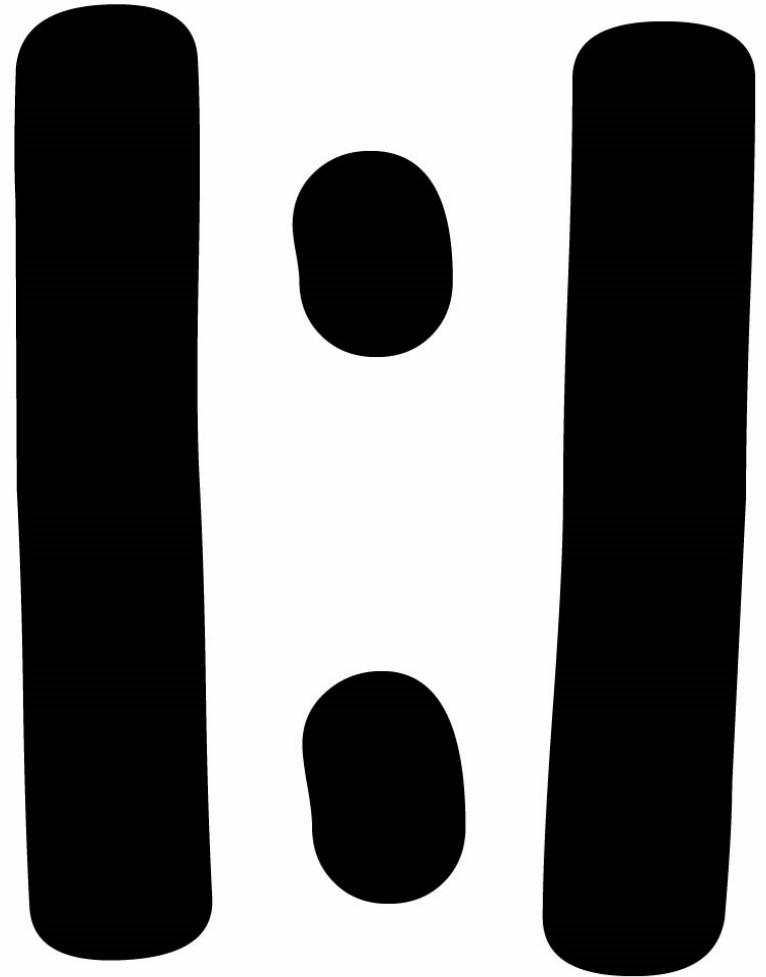
It is not for me to tell someone else that they HAVE to drink to be COOL.

I will be real – respect others – respect myself.

I WILL stand for life!

- ♦ I promise to be real and live what I believe.
- ♦ I pledge to set limits to keep myself and others safe including: refusing to drink and drive, refusing to ride with an impaired driver (one drink counts) and committing to take the keys from my friends if they choose to drink.
- ♦ I will steer clear of dangerous situations by leaning on my friends and claiming my right to be cool and exit harmful situations.

Signature



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