



**SOBER 'TIL 21**

***Under 21, No Can!***

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### Sober 'Til 21 Pledge

On \_\_\_\_\_ (today's date), I, \_\_\_\_\_, the teenager, promise to:

- *Listen when we talk about drinking and try my best to follow your advice*
- *Learn and understand the harmful effects and consequences alcohol can inflict on me*
- *Never attempt to drive while under the influence*
- *Never enter a vehicle operated by someone else who has consumed alcohol or drugs*
- *Never hesitate to call or text you when I need to leave a difficult situation*
- *Be as honest as possible about my actions and the peers with whom I surround myself*
- *Come to you when I am feeling anxious, scared, depressed, or upset in any way*
- *Take full responsibility for my choices and mistakes*

*By signing this, I hereby agree to the terms and guidelines outlined in this document.*

Teen's full name (printed): \_\_\_\_\_

Teen's Signature: \_\_\_\_\_