TAKE THE PLEDGE.
KEEP THE CONVERSATION GOING.

Talking openly about alcohol can help teens feel more prepared to make safe choices. That's why Talk it Out NC encourages parents, coaches, other trusted adults, and teens to take the pledge to prevent underage drinking.

Here's how to get started: Print the pledge cards below, review them together, and talk about what each commitment means. Then, complete and sign your cards as a commitment to open communication, healthy choices, and mutual trust.

Remember, taking the pledge is just the beginning. What matters most is putting those promises into practice.

AS A TEEN, I PLEDGE TO...

- ☐ Never drink alcohol underage or drink and drive.
- ☐ Never ride with someone who's been drinking.
- ☐ Stay connected with Talk it Out NC.
- ☐ Keep the conversation going with my family.

TEEN SIGNATURE _____ PARENT/ADULT SIGNATURE _____

AS A TRUSTED ADULT, I PLEDGE TO...

- ☐ Encourage healthy choices.
- ☐ Listen without judgment.
- ☐ Keep the conversation going with the teens in my life.
- ☐ Stay connected with Talk it Out NC.

TRUSTED ADULT SIGNATURE _____ TEEN SIGNATURE _____