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 AN ATHLETE, I PLEDGE TO...

- ☐ Lead by example and choose to stay sober.
- ☐ Encourage teammates to make healthy choices.
- ☐ Stay connected with Talk it Out NC.
- ☐ Keep the conversation going with my teammates.

ATHLETE SIGNATURE _____ COACH SIGNATURE _____

AS A COACH, I PLEDGE TO...

- ☐ Create a team culture that supports healthy choices.
- ☐ Be someone my athletes can turn to for help.
- ☐ Stay connected with Talk it Out NC.
- ☐ Keep the conversation going with my team.

COACH SIGNATURE _____ ATHLETE SIGNATURE _____