



For Tips & Tools to create great youth competitive environments and experiences and to find practical, early-step mental health services guidance, visit TheBMSProject.org.

Substance Abuse Avoidance Pledge

OVERVIEW: Social media can be thoughtlessly hurtful and contribute to casting negative impressions on you personally, as well as on your team, your teammates, your family and your sport. Social media can also result in legal consequences in some instances of misuse. College coaches monitor potential recruits' social media activities.

Please read the Pledge below. By signing and dating the document, you acknowledge your commitment to supporting positive competitive experiences.

STAND TALL, STAND PROUD and ABIDE by the following PLEDGE:

I, (Print Name) _____ understand and appreciate that distracted driving is a dangerous practice that can contribute to accidents and result in serious injuries, including death. Therefore, I hereby pledge not to text while driving. Furthermore, I will also ask drivers of vehicles in which I am a passenger not to text while driving.

The Pledge above has been read and agreed to.

Print Name: _____ **Signature:** _____

Date: _____



**If you or a loved one is in crisis, please contact
The National Suicide Prevention Lifeline 1-800-273-TALK 1-800-273-8255**

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