

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

## **No Texting While Driving Pledge**

**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:** \_\_\_\_\_



**EMERGENCY**  
In a crisis, call "911" immediately  
If considering self-harm, call "988"  
The National Suicide Intervention Lifeline

**SEXUAL ASSAULT**  
To speak to a counselor  
Call (800) 656-4673  
RAINN

**CHILD ABUSE**  
To report suspected child abuse,  
Call or text (800) 422-4453  
Childhelp National Child Abuse Hotline