



# Voluntary Personal Conduct Pledges to You, Your Friends, Organization & Family

As a young person engaged in competitive activities, we understand that you are subjected to many influences in your life -- both positive and negative. Your family and friends have and will continue to endeavor to provide guidance and direction to meeting life's challenges with the goal of preparing you to someday become independent and able to assume and enjoy a fulfilling, independently conducted, adult life of your own.

As a developing young person and a competitor, you are already starting to assume certain responsibilities; the Pledges being asked for here are all voluntary -- to be given in good faith and intention. Try to do your best to abide by them. If you falter in keeping them, remind yourself of who you are and what you really want to become and recommit yourself to give your best effort to abide by them going forward. It is what we do when you are not being watched that defines our true character. Stay true to yourself and STAND TALL! Our pledge to you is to be here for you and your family!

**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 \_\_\_\_\_ understand and appreciate that I am becoming increasingly responsible to behave in a responsible, mature manner, while striving to making positive contribution to society and to honor me, my family, friends, organization through good, responsible conduct and behavior.

· PLEDGE ONE - I hereby pledge not to text and drive. As part of my personal pledge, I will also discourage my friends and acquaintances from texting and driving.

PLEDGE TWO - I hereby pledge not to experiment with/use illegal substances. As part of my personal pledge, I will also discourage my friends and acquaintances from experimenting with/using illegal substances.

· PLEDGE THREE -- I hereby pledge to strive to always use social media in a positive manner, never in a harmful fashion to others. I will use social media in a fashion that will reflect well upon me, my family and organization. I will further strive to not engage in boasting and/or engage in negative comments and/or public exchanges with opponents and/or their families. Finally, as part of this social media pledge, I will encourage all of my relatives, friends and acquaintances to pursue the same high standard of social media responsibility that I hold myself to.

· PLEDGE FOUR -- I hereby pledge not to engage in bullying in any form or manner whatsoever and will report instances of bullying by others to the appropriate, responsible adult authorities.

**The Pledge above has been read and agreed to.**

**Print Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**EMERGENCY**

In a crisis call "911" immediately

**If considering self-harm, call "988"**

The National Suicide Intervention Lifeline

**SEXUAL MISCONDUCT**

To speak to a counselor,

Call (800) 656-4673

RAINN

**BULLYING/HAZING, VIOLENCE, ADDICTIONS & SUBSTANCE ABUSE**

For helpful resources,

[thebmsproject.org/Safety](https://thebmsproject.org/Safety)

**CHILD ABUSE**

To report suspected child abuse,

Call (800) 422-4453

Childhelp National Child Abuse Hotline

**It is recommended that incident(s) of serious misconduct be reported to law enforcement. Minors should report incidents of misconduct to their parent(s) or guardian(s).**