



## Substance Abuse Avoidance Pledge

**OVERVIEW:** Illegal substance abuse is a plague upon our society. It damages and too often destroys the lives of both adults and young people. Social group peer pressures and/or the influence/encouragement of acquaintances persuade individuals to experiment with things that initially appear to be innocent until it is too late to stop. Please resist the influences being exerted upon you to experiment with things that can do such dreadful harm to you, your family and others.

**STAND TALL, STAND PROUD and ABIDE by the following Pledge!**

I \_\_\_\_\_ understand and appreciate that substance abuse can lead to substantial, negative consequences. I hereby pledge not to experiment with illegal substances that may cause me or other great harm:

Initials

The pledge above has been read, understood and is agreed to. Date: \_\_\_\_\_



For Advocate Tips & Tools to create great youth sports' competitive environments & memories, as well as to provide early-step mental services advice visit our website at

[www.TheBMSProject.org](http://www.TheBMSProject.org)

## SUICIDE WARNING SIGNS

### Adolescents. Teens and Young Adults

- Unusual frequent outburst of anger, aggression, or hostile behavior.
- Social isolation and withdrawal.
- Giving away belongings.
- Withdrawing from participation in things they like to do.
- Losing interest in using their phone.
- Making suicidal statements or considering details pertaining to one's death.
- Being preoccupied with death and dying in conversational expressions and/or writing.
- Alternating between feelings of extreme highs and lows.
- Performing risky behaviors (defiance of authority, truancy, and vandalism).
- Engaging in suicidal/self-destructive gestures (for example, cutting).
- Displaying severe anxiety or agitation.
- Inability to regulate emotions.
- Expressions of helplessness and/or hopelessness.
- Increase in substance use or abuse.

*Source: Francis A. Martin Ph.D, Chris Nickson Ph.D  
and Larry Lauvetz, MA, LPC*

Starting July 16<sup>th</sup>, 2022 "988" is activate nationally

## National Suicide Prevention Lifeline

**1-800-273-TALK 1-800-273-8255**

*(Will continue to work after "988" is activated)*



*Here for our youth!* <sup>SM</sup>

First-Step Mental Health Services

**Other Mental Health Talk Lifeline #'s are available at [TheBMSProject.org/mental-health-crisis/](http://TheBMSProject.org/mental-health-crisis/)**

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