



## Healthy Choices Pledge

Due Date: February 10, 2011  
Please fax to Harriett Dean at 517-543-4870

***“Leadership is not what we say, it is what we do.”***

As a *peer leader* and volunteer with the “Most Teens Don’t” campaign, I understand that my participation can, and will, greatly impact my peers, school, and community. I am committing to help develop and conduct a media campaign that promotes the perception that *most teens do not* engage in high-risk behaviors such as alcohol, tobacco, drug use, sexual activity, and violent behavior.

Through my participation in the “Most Teens Don’t” campaign, I will be helping promote a positive message that I know, and hope, will change how adults view middle and high school youth and will convince my peers to not engage in high-risk behaviors such as alcohol, tobacco, drug use, sexual activity, and violent behavior.

As a leader in promoting this message, I am aware and will commit to leading by example and not participate in any activity that would reflect negatively on the campaign and its members, as well as contradict the message I am helping to promote.

**I pledge to make healthy choices around alcohol, tobacco, drug use, sexual activity, and violent behavior while I am a member of the “Most Teens Don’t” campaign committee. I understand that if I violate my commitment, I will resign my participation.**

Signed this day \_\_\_\_\_ of \_\_\_\_\_ 20 \_\_\_\_\_

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Youth Leader (Print Name)

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Youth Leader (Signature)

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“Most Teens Don’t” Coordinator

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PAL Advisor Signature