

# PLEDGE TO LIVE NATURALLY HIGH

## ACTIVITY

### Time Needed

5 Minutes

### Materials

Pledge

Pen

### Activity Description

We know signing the pledge and including your parent or guardian can help you keep yourself accountable to making good decisions.

### Suggested Steps

1. Consider each question and jot down your own personal reflections to share with others:
  - Has anyone offered you drugs or alcohol?
  - Are you curious about using drugs and alcohol?
  - Who can you talk to about using drugs and alcohol?
  - What is drug addiction?
  - Is it safe to experiment with drugs?
  - How do you "just say no"?
2. Print and sign the [Natural High Pledge](#) or sign it digitally here.



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