

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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