

# 2012 national prevention week

MAY 20-26

## PREVENTION PLEDGE



Everyone can play a role in prevention. Small actions make a big difference. Choose items below and pledge to take action to prevent substance abuse and promote mental health in your own life and the lives of those in your community.

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Talk to others about the prevention of substance use and the promotion of mental, emotional and behavioral well-being.</li><li><input type="checkbox"/> Attend a <b>National Prevention Week 2012</b> event.</li><li><input type="checkbox"/> Host a drug- and alcohol-free party or event.</li><li><input type="checkbox"/> Learn about and support suicide prevention programs such as the <b>National Suicide Prevention Lifeline</b> (1-800-273-TALK [8255]) and the <b>Trevor Project</b>.</li><li><input type="checkbox"/> Encourage my children, friends and/or family members to improve their mental, emotional, and behavioral health by promoting rest, a healthy diet, physical exercise, and time outdoors.</li><li><input type="checkbox"/> Point loved ones in the direction of <b>resources</b> that can help them improve their mental, emotional, and behavioral well-being.</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Talk with a friend or loved one who has been having a difficult time and discuss things that are bothering him/her.</li><li><input type="checkbox"/> Be a role model in my community by abstaining from alcohol abuse and illicit drug use.</li><li><input type="checkbox"/> Volunteer with a community program or organization that provides support for at-risk populations such as youth, Tribal communities, and military families.</li><li><input type="checkbox"/> Encourage my local school district to implement an alcohol and substance use <b>prevention program</b> and provide programs to promote students' mental health.</li><li><input type="checkbox"/> Spread the prevention message online by posting about and linking to <b>National Prevention Week 2012</b> on my Facebook and Twitter pages, and on my blog or Web site.</li><li><input type="checkbox"/> Encourage friends, family, neighbors, and loved ones to sign the Prevention Pledge!</li></ul> |
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I know that prevention matters! I pledge to take action to prevent substance abuse and promote mental, emotional, and behavioral well-being. I recognize that I have the ability to make a difference – in my own life, in the lives of my friends and family, and in my community. I pledge to take responsibility for the daily choices that I make, and to focus on maintaining a healthy lifestyle.

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Signature

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Date