

# PLEDGE FOR LIFE

*A Foundation of Trust and Caring for Young Adults*

**This Pledge is designed to prompt a conversation between you and your close friends or family about keeping everyone safe and avoiding harmful situations.**

**I RECOGNIZE** that there are many potentially dangerous decisions that I might face.

**I WILL** do everything in my power to avoid putting myself in situations that could jeopardize my health, my safety, my overall well-being, or that of others.

**I PLEDGE MY BEST EFFORTS TO...**

- 1. Never drive under the influence of alcohol or other drugs or ride with a driver under the influence of alcohol or drugs.**
- 2. Call a committed other or reputable ride service for safe transportation home if I am under the influence of any substance or my ride home is using alcohol or drugs.**
- 3. Avoid going alone into potentially unsafe environments or walking home alone after a night out.**
- 4. Designate a committed other to look out for my health and safety and communicate with me about the dangerous decisions I may face.**

*my signature* \_\_\_\_\_

## **COMMITTED OTHER(S)**

**I AGREE** to meet you and assist you in getting home safely. I will postpone any discussion about these situations until the next day when it can be done calmly.

*signature of committed other* \_\_\_\_\_ (optional)

*signature of committed other* \_\_\_\_\_ (optional)

*signature of committed other* \_\_\_\_\_ (optional)



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