AS PARENTS and CARING ADULTS, #WEPLEDGE2

- Be informed. Learn about the latest research & trends in teen substance use.
- Have meaningful conversations with teens about risks & why you don’t want them using alcohol, marijuana or other drugs.
- Model & teach healthy coping skills for stress & feelings.
- Have family dinners to encourage sharing & family communication.
- Provide a safe environment at home by not allowing teens to use alcohol, marijuana, tobacco or other substances.
- Provide opportunities for fun and healthy teen activities.
- Share my expectations with parents where my child/teen is spending time to provide a safe/fun place for teens free from alcohol or other drugs.

AS TEENS, #WEPLEDGE2

- Reach out to a friend or trusted adult if feeling stressed, unhappy, or anxious.
- Talk to parents about peer pressures and ask for help.
- Support peers to make healthy choices when dealing with stress. For example: go for a hike, mindfulness, yoga, sports or talking to a counselor or other trusted adult.
- Be informed. Learn about research & risks of teen use of alcohol, marijuana and other drugs. (Seek out credible resources where the research is not sponsored by the industry of substance.)
AS LAW ENFORCEMENT, #WEPLDGE2
• Enforce Social Host Ordinances that hold adults accountable for allowing minors to use alcohol, marijuana, or other substances.
• Encourage positive mentoring opportunities with local youth.
• Inform schools, parents & community about the latest trends.

AS PHYSICIANS AND DENTISTS, #WEPLDGE2
• Screen for early signs of substance use in youth & refer to resources when needed.
• Avoid prescribing opioids & suggest alternative pain management.
• Educate patients using opioids on risks & how to prevent addiction & overdose.
• Increase access to overdose reversal drug Naloxone when prescribing opioids.

AS EDUCATORS AND COACHES, #WEPLDGE2
• Educate students and athletes on negative effects of substance use on physical & mental health, athletic performance & academics.
• Model healthy behaviors, leadership & integrity.

#WHAT'S YOUR PLEDGE?