



TALK IT OUT ATHLETE PLEDGE CARD

TALKITOUTNC.ORG

I PLEDGE TO  START THE CONVERSATION.
STOP UNDERAGE DRINKING.

- I promise to lead by example and avoid underage drinking, to make sure I'm at the top of my game.
- I will be supportive of other teammates who choose not to drink alcohol.
- I agree to opt-in to receive tips, information, and updates from Talk it Out.
- I will have regular conversations with my parents and coaches about not drinking alcohol.

Signed

