



# TALK IT OUT COACH PLEDGE CARD

TALKITOUTNC.ORG



START THE CONVERSATION.  
STOP UNDERAGE DRINKING.

- I will create a supportive team environment that encourages athletes to avoid alcohol.
- I promise to be supportive when one of my players needs help or has a problem related to alcohol.
- I agree to opt-in to receive tips, information, and updates from Talk it Out.
- I will initiate conversations with my team about underage drinking and how it negatively affects athletic performance.

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Signed

