



## Stay Ahead of Substance Abuse

### Take the Blue Band Pledge!



*I, \_\_\_\_\_, pledge to  
Stay Ahead of Substance Abuse.*

*I pledge my BRAIN to better development, my HEART  
to the things I love, and my VOICE to Speak Up about  
substance abuse.*

*I will make Low Risk Choices, and encourage my friends  
to do the same!*