

# Tobacco-Free Pledge

I, \_\_\_\_\_, promise not to use **ANY** tobacco products starting **RIGHT NOW**. I will not use cigarettes, hookahs, cigars, electronic cigarettes, chewing tobacco, or any other form of tobacco.

I will do my best to stay away from **secondhand smoke** because I know it can have a negative impact on my health as well.

I will **be a positive role model** for my friends and family, and will encourage them to **NEVER START** and/or quit using tobacco products. When someone I know decides to quit, I will fully support them.

Signed,

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*Signature*

*Date*

