

# A SMOKER'S PLEDGE

Because I love my family and want to protect them from the dangers of second-hand smoke, I hereby pledge to provide a smoke free home and vehicle.

So that \_\_\_\_\_ (names of family members), can be healthier and breathe better, I promise to forbid smoking in my vehicle and in my home.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

- Check your reasons:
- For the health of my family
  - For the health of my children
  - To be a good role model
  - So my family will have fewer illnesses
  - For my health
  - To protect friends and family who visit



A HEALTHIER TOMORROW BEGINS TODAY

Source: "The ETS Policy Manual: An A to Z Toolbox for Community Change." University of North Carolina School of Medicine Department of Family Medicine