

## A SMOKER'S PLEDGE

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

So that \_\_\_\_\_ (*names of children*), 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

North Carolina  
**HEALTH**  
*Smart*

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

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