



# I PLEDGE TO BE NICOTINE FREE

- I understand that nicotine products have health risks and consequences.
- I choose to say “no” to nicotine and pledge to stay nicotine free.
- This means I will not smoke cigarettes, use smokeless tobacco, nicotine pouches, vape or using any other nicotine products because:

[Fill in three reasons why you pledge to stay nicotine free]

1.

2

3.

By signing below, I pledge to be nicotine free:

Signed

Date:

