

Smokefree Pledge

I hereby pledge to provide a smokefree home and transportation for:

Names of Children

because I love them and I want to protect them from secondhand tobacco smoke. I am prepared to make the following promises:



- I promise to keep my car smokefree.
- I promise to keep my house smokefree.
- I promise to ask others not to smoke whenever my children are present.
- For smokers only:** I promise not to smoke whenever my children are present (including outdoors) because I want to be a healthy role model for them.

Your Name: _____

Signature: _____ Date: _____

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