

PLEDGES TO BE DRUG FREE

I pledge to be a healthy and drug free Native and

- I understand that alcohol and illegal drugs are not part of my tradition as a Native American.
- I will dismantle the image that Native people are afflicted with drug/alcohol problems.
- I will be the catalyst of change from alcohol/drug use passed down from generation to generation.
- I will use my Native attributes of traditional practices, values, and beliefs to stay drug free.
- I understand that I am resilient, that I am a warrior, and that drugs can't get me.



National American Indian and Alaska Native

MHTTC

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IOWA



**Native Center for
Behavioral Health**