



Freedom Pledge

Today, I commit to **ABSTINENCE** as a way to make the **BEST**
preparation for my

future by **CHOOSING** to wait until marriage to
have sex, because I want to live **FREE:**

FROM worry, guilt, pregnancy, sexually transmitted
diseases, and feeling used by others

TO control my life, to like myself, to work toward personal goals, to experience
healthy relationships, and enjoy being a teenager.

Starting today, I make this **COMMITMENT** of **SEXUAL ABSTINENCE**
to myself, my family, my friends and my future spouse.

Signed: _____ Date: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Best way to contact you: _____

E-mail: _____

Phone: _____ Cell: _____

School: _____

Grade: _____ Year to Graduate: _____

Birthday: _____ Age: _____