

The Connection Pledge

I pledge to embrace connection
—to reach out, listen, and engage
with others in ways that foster
understanding, resilience, and
support.

I will model connection for youth,
ensuring they see and experience meaningful interactions that build
trust, confidence, and a sense of belonging.

I commit to connecting with youth in positive ways, helping them
develop the tools to navigate adversity, strengthen their mental well-
being, and reduce risk factors for substance use and other challenges.

I will cultivate connection for myself and others, knowing that fostering
relationships and maintaining emotional balance contributes to a
healthier, more compassionate world.

I pledge to use safe and supportive language, creating spaces where
people feel seen, heard, and valued without stigma or judgment.

I will seek connection to better understand others and the world around
me, challenging my own perspectives, biases, and assumptions with
curiosity and openness.

I commit to connecting with myself, reflecting on my views—including
attitudes toward substance use and societal expectations—to deepen
my understanding and embrace new ways of thinking.

Through connection, I will advocate for healing, growth, and change—
for myself, my community, and future generations.

I take this pledge with intention and action, knowing that even small
moments of connection can spark lasting impact.



Delta

Signature

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