

These words below represent a personal promise that you make to yourself today. If you commit to this Pledge, print out the Swear Words below, sign the back and keep these words in a safe place as a special reminder to yourself. Congratulations! Today you have made a very important choice!

## Swear Words

In order to better my life, I make a promise to myself: *I will abstain from premarital sex.* I know that by doing this, I am expressing respect for myself and respect for others. When I “Connect With Respect” I am building healthy relationships by honoring others’ beliefs and asserting my own. In making this decision to remain abstinent, I am demonstrating confidence in myself and establishing a positive course to reach my dreams.