

# Pledge for a Smoke/Vape Free Home

*When you're ready, commit to a smoke/vape free home.  
You can commit to this even if you aren't ready to pledge to a smoke/vape free car or life.*

I, \_\_\_\_\_, promise to stop smoking, vaping, or using tobacco products in my home. I know they are dangerous to my health and dangerous to the health of my children. Starting \_\_\_\_\_ (date), I pledge to have a smoke/vape free home.

I commit to keeping myself and my family away from smoke and vape, including secondhand and thirdhand smoke, and will not allow others to smoke/vape in our home to protect our health.

I pledge to encourage and support other people in my life to make the choice to have smoke/vape free homes too.

I am ready to take on this challenge because it is the healthiest choice for me and for my family.

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**(signature)**

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**(date)**

# Pledge for a Smoke/Vape Free Car

*When you're ready, commit to a smoke/vape free car.  
You can commit to this even if you aren't ready to pledge to a smoke/vape free home or life.*

I, \_\_\_\_\_, promise to stop smoking, vaping, or using tobacco products in my car. I know they are dangerous to my health and dangerous to the health of my children. Starting \_\_\_\_\_ (date), I pledge to have a smoke/vape free car.

I commit to keeping myself and my family away from smoke and vape, including secondhand and thirdhand smoke, and will not allow others to smoke/vape in my car to protect our health.

I pledge to encourage and support other people in my life to make the choice to have smoke/vape free cars too.

I am ready to take on this challenge because it is the healthiest choice for me and for my family.

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**(signature)**

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**(date)**