

## **Chapter 14 – Healthy, Drug-Free Lifestyle**

### **PO.5 – Healthy, Drug-Free Lifestyle (HDL)**

EO.1 – Educate Peers on the Importance of Being Drug Free

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An important part of the Young Marine program is our commitment to live a healthy, drug-free lifestyle. A part of this lifestyle is sharing with others why they should be drug-free as well. A big part of reducing the demand for drugs is sharing with your friends, neighbors, and community why drugs are harmful to our bodies and how they are bad for our cities and towns, too. You can teach others why they should be drug-free by teaching HDL classes to your unit, asking your teacher if you can give a class or presentation to your classmates, and talking to people in the community about the dangers of drugs and why you live a healthy, drug-free lifestyle when you do community service or volunteer events. Your task now is to get 10 people to pledge to be drug-free while you are out in the community. You can hand out red chords and use the pledge cards to teach people about the drug-free lifestyle and to help them share their own commitments.

Use the Healthy, Drug-Free pledge sheet that can be found in the database library, Young Marines website, or at your unit to keep track of people who take the pledge.