

## Got a Minute? Eat with Me.

*"I'll be less likely to drink, smoke, or use drugs."*

### Our family pledges to:

1. Eat 4 or more meals together each week.
2. Talk about friends, interests, and the dangers of alcohol and substance abuse.
3. Answer each other's questions and listen to what everyone has to say.
4. Turn off all TVs, cell phones, video games and other distractions while eating together.

Family members: \_\_\_\_\_

[www.gotaminuteclinton.com](http://www.gotaminuteclinton.com)

