



# Talk Early. Talk Often. Pledge

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## A Parent/Caregiver and Youth Agreement

### Who We Are

The Central MetroWest Substance Awareness and Prevention Collaborative (CMSAPC) is a regional initiative working to prevent and reduce youth substance use across the communities of Ashland, Hudson, Marlborough, Natick, Northborough, Southborough, and Westborough.

### Our Campaign Mission

*Talk Early. Talk Often.* is a prevention campaign designed to empower parents and caregivers to have open, honest, and age-appropriate conversations with youth about Cannabis. By providing facts, tools and support, we aim to raise awareness about how Cannabis use can affect young people's brain development, mental health, school outcomes, and more — both now and in the future.

### The Pledge

#### As a Parent/Caregiver, I pledge to:

- Keep open and honest lines of communication with my child/ren.
- Listen in a non-judgmental and supportive way.
- Ensure that my child knows they can come to me with questions about substances without fear of punishment.
- Educate myself and stay informed about Cannabis and other substances.
- Have meaningful, age-appropriate conversations early and often about substance use and its risks.

#### As a Child/Youth, I pledge to:

- Bring any questions, concerns, or pressures I face to my parent/caregiver or another trusted adult.
- Keep communication open and honest.
- Listen with respect and in a non-judgmental and supportive way.
- Do my best to make healthy choices with the guidance of my parent/caregiver.

*Talk Early. Talk Often.* is a program of the Central MetroWest Substance Awareness & Prevention Collaborative with funding from the MA DPH MassCALL3 grant.





### Our Shared Commitment

Together, we commit to building trust, maintaining open communication, and supporting one another as we face challenges and decisions about substance use.

Parent/Caregiver Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Child/Youth Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Follow the *Talk Early. Talk Often.* campaign on  
Instagram (@cmsapc\_ma) and Facebook (@cmsapc).

Visit our website for resources and the *Talk Early. Talk Often.* Toolkit at  
[www.cmsapc.org](http://www.cmsapc.org).

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