



# Make a P.A.S.S.

(Pledge of Abstinence to Sobriety in Solidarity)

**How hard can it be to not drink for nine months? Would you like to find out?**

If you are one of those people who say, "I don't drink... well not very much," or "I only drink on special occasions," or "I just enjoy a glass of wine at dinner or a beer after work," then maybe you would like to make a **P.A.S.S., a Pledge of Abstinence to Sobriety in Solidarity.**

P.A.S.S. is a pledge to abstain from any and all alcoholic beverages, maintaining sobriety for nine months in solidarity with others who choose not to drink, including women who are pregnant or could get pregnant.

Even if you are more than a social drinker, you may decide to make this pledge. And yes, even teetotalers can make the pledge, as an act of support for pregnant women who abstain to protect the health of their unborn children. Here's how it works... Write the following:

**I hereby pledge to abstain from any and all alcoholic beverages for nine months, as an act of support for pregnant women who abstain to protect their unborn children. When I am offered a drink, I will simply say "I pass!" (No explanation is necessary.)**

**Dated:** \_\_\_\_\_ **Signed:** \_\_\_\_\_

Put the signed paper in your wallet. Then figure out how much money you will save by not drinking for nine months. Next, divide that amount in half. Then put half aside for something special for yourself or someone you love, and write a check for the remainder to the FAS Community Resource Center with a notation that it is for "FAS PASS" and mail it to:

FAS Community Resource Center  
4710 E. 29<sup>th</sup> Street  
Tucson, AZ 85711

Your contribution will be used to provide educational materials on Fetal Alcohol Spectrum Disorders in Arizona. \$10 will buy a book; \$100 will pay for an assessment; \$1,000 will pay for a seminar; \$10,000 will fund a statewide conference.

Make your PASS now!  But what can I drink instead? See reverse side.

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"FAS PASS" is sponsored by the FAS Community Resource Center.  
For more information, contact Teresa Kellerman at [tkellerman@cox.net](mailto:tkellerman@cox.net).

## Let's Get Juiced With Tropicana!



Let's get juiced with Tropicana.  
Apple, Strawberry and Banana.

Grape and Pineapple. Kiwi too.  
Better than any booze or brew.

Vitamins, but not any fat.  
Tropicana Twisters is where it's at.

Cold and sweet, a natural high.  
It's good for you, and that's no lie.

So if you're pregnant, or if you're not,  
Stay alcohol free for a healthy shot!

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Now make a "P.A.S.S."!  
(Pledge of Abstinence to  
Sobriety in Solidarity)

## Get Juiced!

Cranberry  
Orange  
Strawberry  
Cherry  
Apple  
Raspberry  
Guava  
Peach  
Carrot  
Papaya  
Pineapple  
Banana  
Mango  
Passion!