



# Promises to Myself and Others

*I will:*

- *protect my health and prevent the spread of HIV infection by not doing anything that would put someone else's blood in contact with my blood.*
- *protect the health of others by not doing anything that would expose other people to my blood.*
- *treat people who are HIV positive or who have AIDS with respect.*
- *share what I know about HIV and AIDS with others.*
- *talk to my parents or another trusted adult if I have questions about HIV or AIDS.*



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*Signature*

\_\_\_\_\_  
*Date*