



Tulare County Office of Education | CHOICES TUPE Newsletter

GRADES 5-12 | ISSUE: 28 | APRIL 8, 2022

Casey's Pledge

The CHOICES TUPE program helps students understand the consequences of unhealthy decisions such as choosing to use tobacco, alcohol, and other drugs. Through the program, students discover information and build skills they can use to successfully transition through important life milestones.



Honoring Casey Goodwin

- Casey was an Exeter native who dedicated her time to Friday Night Live (FNL), Every 15 Minutes, Sober Graduation, California Youth Council, and Teenwork to educate her peers on drug and alcohol issues.
- She was just 20 when she was killed by an 18-year-old drunk driver. In response, the California Attorney General launched the TRACE Act to help identify those who supply alcohol to minors.



The pledge

Following her death, the FNL program developed Casey's Pledge, which has been taken by thousands of young people throughout the state and the nation. The pledge contains the following promise:

Casey Goodwin's story of how she was killed by a drinking driver made me realize that there are real consequences to making unhealthy choices.

I am choosing to help stop Casey's #1 concern in life. I pledge to not drink or get in the car with someone who has been drinking, and to make the healthiest choices I can because I want to live my life to the fullest & have a successful future.



Presenting the pledge

Casey's Pledge can be shared through assemblies, classrooms, social media, community events, newsletters, and flyers. For a copy of the guide for sharing Casey's Pledge, visit <https://bit.ly/TCFNLCP>.




Video resources


youtu.be/vhssH_Le_Yc (Casey's Pledge)

fridaynightlive.tcoe.org/areas-of-focus/alcohol/caseys-pledge (additional information)

“Be kind, live life with no regrets and don't take yourself too seriously... dance like no one is watching” – Casey Goodwin

 Website: tcoe.org/CHOICESNewsletter

 Contact: 559-651-0155

 Email: tupe@tcoe.org