

# Rotary Youth Exchange

## 6 D's :-)

**No... Drinking**

**Driving**

**Drugs**

**Dating** (steady dating with only one person)

**Disfigurement** (tattoos, body piercing)

**Disgrace** (Do nothing to embarrass you, your family, country or Rotary)

## 6 B's 😊

**Be... First.** I am a person of action. I take the initiative!

**Curious.** I ask questions. I seek to understand!

**Focused.** I have goals and move steadily toward them!

**Grateful.** I have much to be thankful for. I express my appreciation often!

**Of Service.** I help with service projects. I give of myself!

**Here Now.** The Hudson Valley is my home. I live in this moment!

# Be All You Can Be!