

Beyou * Bereal * Beyour true self



Me Power: The Power 2 Be ...

- everyone has it
- each of us makes the choice to use it (or not)
- Me Power is positive



Your Me Power!

 This I believe about child





Me

Beliefs

Courage

ASSERT

standing up for yourself and others

listening to your heart and being your true self



BELIEFS

knowing in your heart what is right and wrong



Courage

 saying or doing the right thing even when you are nervous or scared



ME POWER me



helps

....because if I did not know I have my Me Power when I was bullied I would be too afraid.

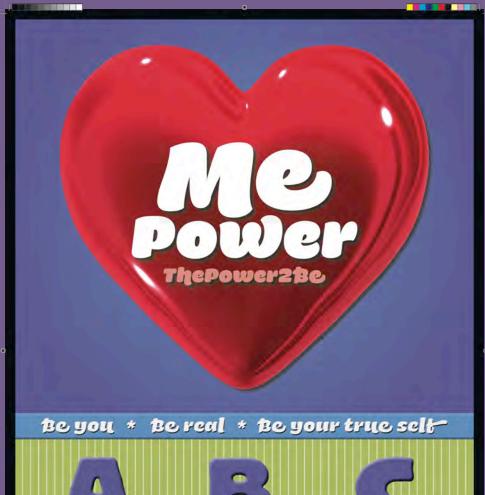
....stand up for myself, and not to be a target, and to have fun being me!

....to be able to have courage and believe in myself, and I know I have my own beliefs.

....live a good life and be a good friend, and I will not let anyone take my Me Power.

....stand up for myself and others, know that I did the right thing, keep my heart strong, makes me feel good, and I know that I am helping others.







ASSERT

- standing up for yourself and others
- listening to your heart and being your true self



BELIEFS

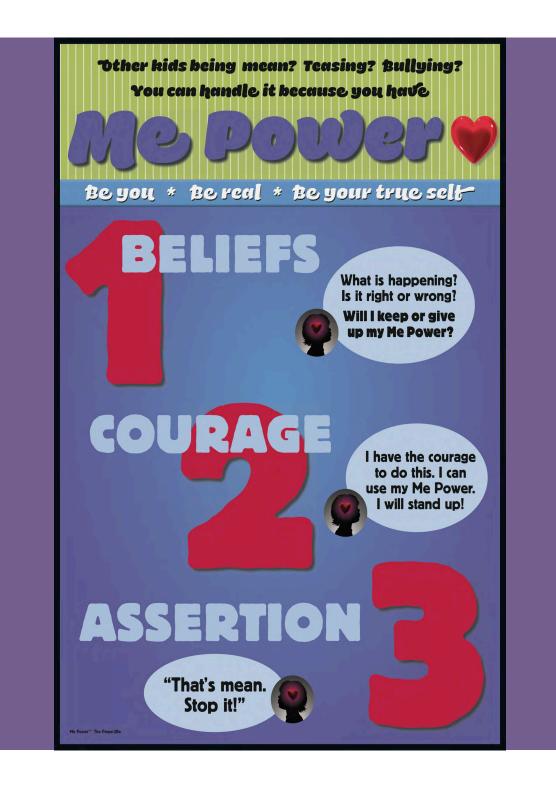
• knowing in your heart what is right or wrong

COURAGE

· saying or doing the right thing even when you are nervous or scared

ME POWER IN ACTION!











Me Power: ThePower2Be

Be you. Be Real. Be your True Self



