Be you * Be real * Be your true self
Me Power: ThePower2Be™

- 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 children...
A - B - C

Power!

ASSERT

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 helps me

...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.
Be you * Be real * Be your true self

**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!
Other kids being mean? Teasing? Bullying?
You can handle it because you have

Me Power
be you * be real * be your true self

1. BELIEFS
What is happening?
Is it right or wrong?
Will I keep or give up my Me Power?

2. COURAGE
I have the courage to do this. I can use my Me Power. I will stand up!

3. ASSERTION
“That’s mean. Stop it!”
1 BELIEFS

What is happening?
Is it right or wrong?
Will I keep or give up my Me Power?
I have the courage to do this. I can use my Me Power. I will stand up!
“That’s mean. Stop it!”
Me Power: ThePower2Be
Be you. Be Real. Be your True Self

A
ASSERT
• standing up for yourself and others
• listening to your heart and being your true self

B
BELIEFS
• knowing in your heart what is right or wrong

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