



**Me
Power**
ThePower2Be™

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
child



A - B - C

Me

Power!

ASSERT

BELIEFS

COURAGE



****ASSERT****

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



Be you * Be real * Be your true self

****BELIEFS****

- knowing in your heart what is right and wrong



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

****COURAGE****

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



Be you * Be real * Be your true self

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*

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

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?**

COURAGE

2



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

ASSERTION

3

**“That’s mean.
Stop it!”**



Me Power: ThePower2Be

Be you. Be Real. Be your True Self

A poster for 'Me Power: ThePower2Be'. At the top is a large red heart with the text 'Me Power' in white and 'ThePower2Be' in red below it. Below the heart is a blue banner with the text 'Be you * Be real * Be your true self'. The bottom section has a green background with vertical lines and three columns of text: 'A ASSERT', 'B BELIEFS', and 'C COURAGE', each with a list of bullet points.

Me Power
ThePower2Be

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