

Pledge of Personal Power  
by Dave Hingsburger

I am unique.  
There is only one me.  
I am different from everyone else.

No one has a right to hurt me.  
No one has a right to call me names.

My body is my own.  
My mind is my own.  
My heart is my own.

I will keep myself  
PROTECTED  
POWERFUL  
PROUD

When I need to I will say:  
NO! Back Off! Leave Me Alone!

I will take care of myself.  
I will take care of every one here.