



CONFIDENCE PLEDGE
for collegians

Today, I pledge to be more confident in myself and my abilities.

I will be forgiving and generous to myself and others. I will embrace my unique beauty and do my best to ignore the stereotypes portrayed in the media. I will encourage women on campus and in my life to focus on their true beauty. I will refrain from negative self-talk and be a role model to the girls and women I influence. I pledge to be less judgmental and more forgiving of myself and the women and girls in my life.

I will not attempt to sabotage anyone else's self-confidence. I will not participate in any forms of physical or emotional abuse including bullying, cyberbullying, gossiping, hazing, exclusion, humiliation and intimidation. I will lift up the women with whom I interact in class, at work, in the community, and in my everyday life. I will treat others as I want to be treated.

I will have the confidence to stand up for myself and others. I will not let pressure from other people lead me to forgo my values. I will respect myself enough to say "NO" to people and situations that are unhealthy to my well-being. I will not stay in an abusive relationship. I will offer support and guidance to my friends and others who may be involved in abusive relationships. I will encourage the girls and women in my life to live by their values. I will endeavor to make my campus a place where confident women are valued and respected.

By joining with others, I will make the world a better place for all women and girls. I will encourage confidence in myself, my friends, my peers, my family and others.



SIGN HERE



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