



**CONFIDENCE PLEDGE**  
*for teens*

**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 those around me to focus on their true beauty.

**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 coercion. I will treat others as I would want to be treated.

**I will have the confidence to stand up for myself and others.** I will not let peer pressure 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 not pressure others to participate in behaviors that go against their values.

**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 classmates, my family and others.



SIGN HERE



**CONFIDENCE PLEDGE**  
*for teens*

**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 those around me to focus on their true beauty.

**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 coercion. I will treat others as I would want to be treated.

**I will have the confidence to stand up for myself and others.** I will not let peer pressure 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 not pressure others to participate in behaviors that go against their values.

**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 classmates, my family and others.



SIGN HERE