

THE SUPER PLEDGE

EAT GOOD FOOD TO STAY HEALTHY



I, AS A SUPERHERO, PROMISE TO...



EXERCISE TO BETTER MY MUSCLES



SLEEP TO GET EXTRA ENERGY

BE A KIND HERO TO LIFT OTHERS UP AND MAKE THE WORLD A BETTER PLACE.

SAY "NO" TO DRUGS, VAPES, AND ALCOHOL TO PROTECT MY BODY

SAVE MONEY FOR A GOOD FUTURE



SHARE MY FEELINGS AND HELP OTHERS DO THE SAME



I HAVE A POWERFUL LIFE TO LIVE. WHEN I FEEL SAD OR STUCK, I WILL TALK TO SOMEONE I TRUST AS HEROES NEVER BATTLE ALONE. I MATTER. MY LIFE HAS MEANING. I WILL STAND WITH MY FAMILY AND FRIENDS TO SAY, 'I CHOOSE TO LIVE STRONG AND FREE!'



ONCE SAID, SIGN HERE:
