

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!'

SUPER HERO

ONCE SAID, SIGN HERE:
