

I promise I will **not** ...

- ☐ put a mango up my nose!
- ☐ eat a rock just because someone says it taste like ice cream!
- ☐ be fooled by foolish people!
- ☐ jump off of the Empire State Building just because someone says I can fly!
- ☐ suck on poison paper!
- ☐ be a fool just to be cool!



I promise I **will** ...

- ☐ have fun without hurting my mind, body, and super powers!
- ☐ have the courage to be me!
- ☐ put on fresh socks at least once a week!
- ☐ think before I drink like I look before I leap!
- ☐ always do my homework!
- ☐ teach myself to respect myself!