

# AFFIRMATIONS FOR CHILDREN & TEENS



These affirmations are based on submissions from participants at a webinar introducing Promising Futures' Healing Activities Guide for building protective factors with survivors of DV. Read through the affirmations with your child, or help them create their own affirmations with exercise 9 in the Guide. Use the QR code to the left or visit [bit.ly/healingactivities9](https://bit.ly/healingactivities9) (case sensitive).



The development of this document was supported by Grant Number 90EV0532 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. Points of view in this document are those of the authors and do not necessarily reflect the official positions or policies of the U.S. Department of Health and Human Services. Copyright © 2025 Futures Without Violence. All rights reserved.



I am strong and grow every day.

There are safe people who will support me.

I care about myself.

I am doing the best I can.

I am ENOUGH.

I deserve love, respect, and to feel safe.

I can do anything.

I can take one moment at a time.

I am worthy of joy.