

# 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).



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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.