



MONIQUE BURR
FOUNDATION FOR CHILDREN, INC.
PREVENTION EDUCATION PROGRAMS

FREE POSITIVE THOUGHTS

Take one for yourself or give one to a friend
as a reminder that
YOU'RE IMPORTANT, YOU'RE SPECIAL AND

You Matter!

TAKE A TAB FOR YOURSELF OR GIVE IT TO A FRIEND.

Learn more at MBFPreventionEducation.org

YOU MATTER

THANK YOU FOR LISTENING

YOU ARE IMPORTANT

THANK YOU FOR BEING A SAFE ADULT

THANKS FOR BEING A SAFE FRIEND

HELP IS NOT A BAD WORD

I WILL ALWAYS BE HERE FOR YOU

THE WORLD IS BETTER BECAUSE YOU ARE HERE

YOU ARE APPRECIATED

THANK YOU FOR BEING AN UPSTANDER

I BELIEVE IN YOU



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I AM GRATEFUL FOR YOU

THANK YOU FOR LISTENING

YOU CAN DO ANYTHING YOU SET YOUR MIND TO

THANK YOU FOR BEING A SAFE ADULT

THANKS FOR BEING A SAFE FRIEND

HELP IS NOT A BAD WORD

I WILL ALWAYS BE HERE FOR YOU

YOU CAN DO INCREDIBLE THINGS

YOU ARE SO RESILIENT

YOU ARE ENOUGH

YOU ARE STRONG AND BRAVE