

THE PLEDGES

“I, _____, pledge to love myself first before I can love anyone else. I promise to treat myself well by taking good care of my body, mind and spirit. I promise to protect my body from harm by refusing to have sex without commitment and practicing safe sex. I will abstain from having unprotected sex until my partner and I have had HIV/AIDS/STD testing first.”

I, _____, pledge to love myself first before I can love anyone else. I choose to honor and respect myself by refusing to let men treat me in ways that are de-meaning and disrespectful to women.

I _____, pledge to love and nurture myself through compassionate self-care and love. I will teach others how to treat me by treating them the way I wish to be treated. I KNOW I deserve the best and refuse to settle for anything less.

I _____, pledge to honor and respect my most precious commodity by refraining from giving it to a Man that has not committed to me in a monogamous relationship. I choose to abstain from having unprotected sex with a Man who fails or refuses to treat me with the respect I deserve and demand.

I _____, pledge to abstain from having unprotected SEX with a Man until both of us have been tested for all STD’s, including HIV. I will abstain from having unprotected SEX until I see the results of those tests.

I _____, pledge to love myself and care for myself first. Once my needs are met, I am able to give of myself to others. I refuse to let people take advantage of me or use me in anyway no matter who they may be, including family and close friends.