



Strong Check yourself

- I respond to cries of help from strangers.
- I don't use my hands to settle arguments.
- I call my friend out when he is treating his partner badly.
- I speak out against domestic violence.
- All of the above.**

We are all responsible for promoting respectful and healthy relationships by modeling good behavior, promoting gender equality, and standing up against domestic violence.

Check Yourself.

Challenge your own attitudes and take action.
Join the Delaware Coalition Against Domestic Violence.
Contact us for information about how you can help:
(302) 658-2958 or toll free (800) 701-0456
www.dcadv.org www.safeandrespectful.org