

Courageous

Check yourself



- I stand up to my buddies when they are disrespectful to women.
- I understand that “acting like a girl” is not a weakness.
- I don’t laugh at sexist jokes.
- I speak out against domestic violence.
- All of the above.

If you or someone you know needs help, call your local 24-hour domestic violence hotline:

New Castle County, DE
(302) 762-6110

Kent and Sussex Counties, DE
(302) 422-8058

Bilingual Kent and Sussex Counties, DE
(302) 745-9874

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 help or information about how you can help: (302) 658-2958 or toll free (800) 701-0456 www.dcadv.org www.safeandrespectful.org

AVON
the company for women

Hopeline
from Verizon Wireless

Adapted from the Vermont Network Against Domestic and Sexual Violence

