

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

**AVON** **HopeLine**  
the company for women from Verizon Wireless

**1450 WILM**  
NEWS RADIO

**94-7 WDSB**  
Today's BEST Country

**BEN-DOM**  
PRINTING CO.

Adapted from the Vermont Network Against Domestic and Sexual Violence

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

(302) 762-6110 New Castle County, DE  
(302) 422-8058 Kent and Sussex Counties, DE  
(302) 745-9874 Bilingual Kent and Sussex Counties, DE