Courageous
Check yourself

☐ I face evil super villains without flinching.

☐ I don't laugh at sexist jokes.

☐ I call my friend out when he is treating his partner badly.

☐ If I'm told I throw like a girl, I say "thank you".

☑ All of the above.

We are all responsible for teaching young boys and girls about respect and healthy relationships. More importantly, we are all responsible for modeling good behavior.

Check Yourself.

The 16 Programs of the Vermont Network Against Domestic and Sexual Violence have been answering hotlines, providing crisis services, and educating us about what we can do when we witness or experience domestic violence for over 20 years.

Help is available. Call (800) 228-7395 for information and volunteer opportunities.

1-800-228-7395 (ABUSE 95)

Or Locally:

www.vtnetwork.org
Fearless
Check yourself

☐ I respond to cries of help from strangers.

☐ I don’t use my hands to settle arguments.

☐ I don’t need to keep tabs on my partner.

☐ I raise my voice against domestic violence.

☑ All of the Above.

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Strong Check yourself

☐ I leap over tall buildings in a single bound.

☐ I stand up to my buddies when they are disrespectful to women.

☐ I understand that "acting like a girl" is not a weakness.

☑ All of the above.

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