

A woman with short brown hair and black-rimmed glasses is smiling and hugging a man from behind. She is wearing a yellow top. The man is wearing a blue long-sleeved shirt. The background is black.

I Pledge to:

- > Always treat my girlfriend or boyfriend with respect.**
- > Never hurt my girlfriend or boyfriend physically, verbally or emotionally.**
- > Not be controlling or manipulative.**
- > Accept responsibility for my actions.**

Pledge adapted from LevelsRespect.org

National Helpline: [1-866-331-9474](tel:1-866-331-9474)

[The EMILY Fund](http://TheEMILYFund.org) - StopDatingViolence.org