

**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 [LovelsRespect.org](http://LovelsRespect.org)**

**National Helpline: 1-866-331-9474**

**Take the Dating Pledge - [StopDatingViolence.org](http://StopDatingViolence.org)**