

## **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**

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

