



# HONOR, COURAGE, COMMITMENT

The U.S. Navy's core values are lived and reflected in our everyday practices and interactions. Just as the U.S. Navy operates from its core values, so should every intimate relationship.



We **HONOR** ourselves and our community by recognizing that domestic violence is a community issue that has costs to us, our families and neighbors, and mission readiness.



We use **COURAGE** to make a change. Sometimes it takes a bystander to intervene.

We show **COMMITMENT** by continually setting the standard that domestic violence is not acceptable behavior in our community.



# HELP IS AVAILABLE

**Fleet and Family Support Center**  
[www.ffsp.navy.mil](http://www.ffsp.navy.mil)

**Military OneSource**  
[www.militaryonesource.com](http://www.militaryonesource.com)  
1-800-342-9647

**National Domestic Violence Hotline**  
[www.thehotline.org](http://www.thehotline.org)  
1-800-799-SAFE (7233)  
TDY 1-800-787-3224

For more information in your area, contact:

If you witness or suspect domestic violence, call your local police department, base security, or Family Advocacy Program.



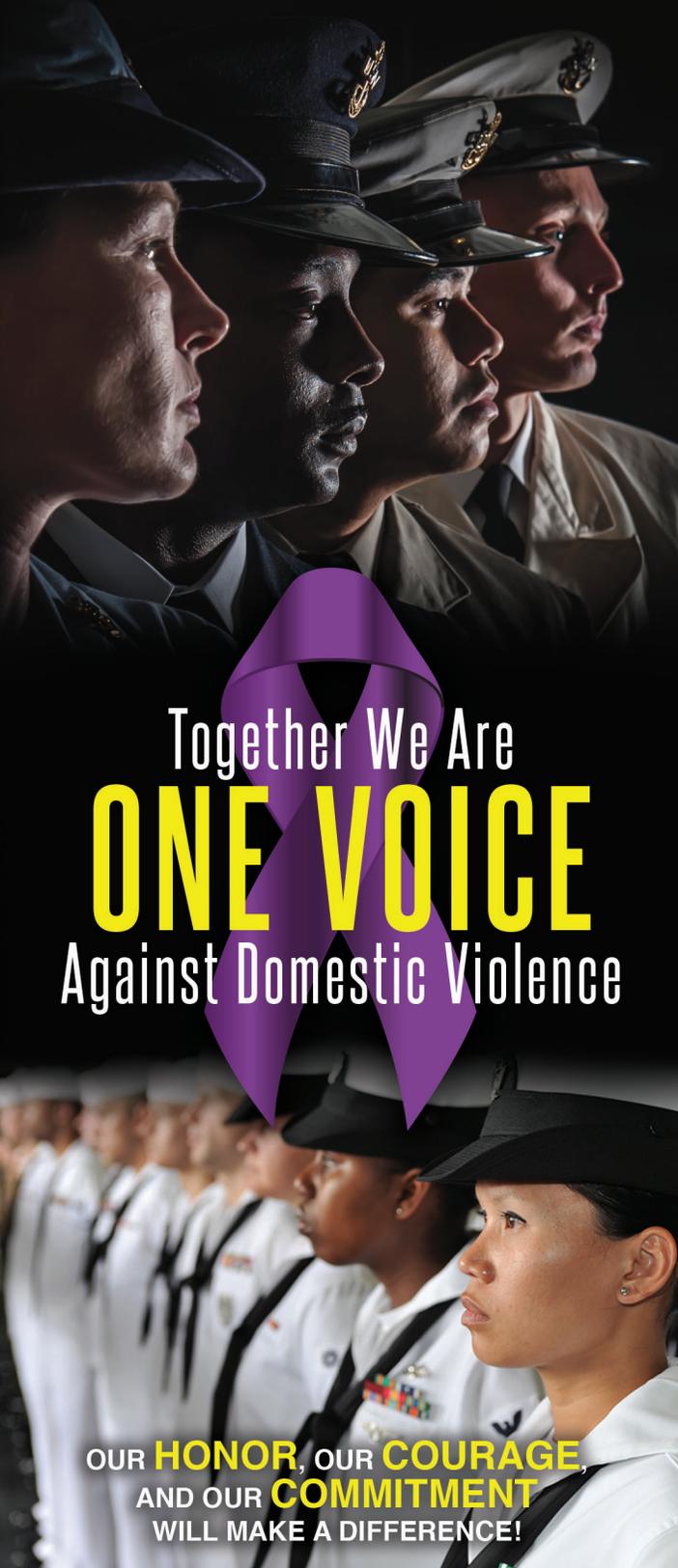
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Fleet\_Family



Navy Family Readiness



# Together We Are **ONE VOICE** Against Domestic Violence

OUR **HONOR**, OUR **COURAGE**,  
AND OUR **COMMITMENT**  
WILL MAKE A DIFFERENCE!

## RELATIONSHIP CORE VALUES



Healthy relationships should have a foundation of core values that embody the same values that we live by as military servicemen and women. These values make us stronger.

### PLEDGE to LIVE BY the RELATIONSHIP CORE VALUES

- **Honor** to act with distinction and pledge to treat others with dignity and having admiration for your intimate partner
- **Courage** to address hardship and conflict with valor
- **Commitment** to a healthy relationship and prevention of domestic violence
- **Respect** for another's thoughts, emotions and beliefs
- **Trust** in yourself and your partner to make good decisions that benefit the relationship
- **Honest Communication** with each other by sharing opinions and ideas even when you realize your partner may not agree
- **Mutual Responsibility** for the relationship's goals
- **Integrity** when trying to solve tough issues in a respectful manner by being kind, honest and understanding
- **Selflessness** to support your partner in their daily struggles and in fulfilling their dreams
- **Empathy** to bridge the divide between different individuals with diverse backgrounds, feelings and perspectives

## WHAT YOU CAN DO

- Participate in Domestic Violence Awareness Month events in October. Wear the purple ribbon in honor of domestic violence prevention.
- Spread the word about services provided by the Family Advocacy Program.
- Be proactive! Seeking help and using resources is STRENGTH.
- If you witness domestic violence, report it to the police.
- Know the signs of domestic violence. Visit [www.thehotline.org/help/help-for-friends-and-family](http://www.thehotline.org/help/help-for-friends-and-family) for more information on signs of domestic violence and how to help.



## WHAT IS DOMESTIC VIOLENCE? WHY IS IT SO SERIOUS?

**Emotional abuse** (e.g., consistent name calling, put downs, humiliation, excessive control, threats, digital stalking) has significant, long-term emotional and psychological repercussions.

**Physical abuse** (e.g., strangulation, hitting, kicking, restraining) can cause pain, injury, and, in some cases, death.

**Sexual abuse** (e.g., rape, sexual assault, threats) can cause pain, injury, disease, and psychological repercussions.

**Neglect** (e.g., lack of medical care, necessities or necessary acculturation) can cause physical ailments, isolation, stress and psychological repercussions, and in some cases, death.

For more detailed information, visit [www.thehotline.org/is-this-abuse/abuse-defined/](http://www.thehotline.org/is-this-abuse/abuse-defined/).

Domestic violence is incompatible with the Relationship Core Values. If you suspect domestic violence is occurring, help is available.

