

### **It starts with respect:**

#### **Live by core values to keep your relationship healthy and strong.**

- Core Values are more than talk. Core values are lived and reflected in our everyday practices and interactions. Just as each branch of the military has set of core values, so should every relationship.
- Respect and trust are the foundation of healthy intimate relationships, but successful, lasting relationships also require integrity, commitment, honesty, selflessness and courage.
- Healthy Relationships don't just happen – they take time and effort. Learn more about healthy dating and relationships at [Military OneSource](#) and [LevelsRespect.org](#)
- Every couple experiences relationship challenges. No matter how tough times get, commit to living by core values and working through problems in a healthy way.
  - Don't let individual or family stress escalate into domestic abuse. For tips and resources on how to manage anger and stress, visit [Military OneSource](#).
  - Find Resources to develop positive relationships and handle common relationship challenges at every stage of life through the Family Advocacy Program on your installation.

### **Domestic Violence is never OK**

- Domestic violence goes against all relationship core values and is never OK.
- No one deserves abuse, and anyone can be a victim. Abuse can be verbal, physical, emotional or sexual. Some of the most hurtful and long-lasting forms of abuse may never leave a bruise.
- Safety of victims and children is essential. Confidential information and support are available around the clock. Call a Military OneSource consultant at 800-342-9647 or the National Domestic Violence Hotline at 800-799-7233 to learn more.
- Domestic violence can be lethal, even fatal. If you or someone you know is being abused, call law enforcement immediately.
- Everyone plays a role in upholding the community values and standards that support safe, healthy relationships for everyone in the military community.
  - Have the courage to speak up and do the right thing. Contact local law enforcement, your installation Family Advocacy Program or the National Domestic Violence Hotline if you see disrespectful, abusive behavior.

## Family violence hurts children, and its effects can ripple through generations

- Children learn about relationships by watching the adults they know best.
  - Set the stage for your child's future relationships by modeling safe, respectful communication and conflict resolution with your spouse or partner.
- It's never too early to start teaching your children about relationship core values.
  - Visit Military OneSource and check out "10 Tips for Helping Your Teenager Build Healthy Dating Relationships" to help start that conversation with your children and teens.
- Exposure to domestic violence can have a long-term impact on children's health, behavior and their ability to learn.
  - Visit the National Child Traumatic Stress Network to learn more and access resources.