



# Strong

**Check yourself.**

I stand up to my  
buddies when they  
are disrespectful  
to women.



**Courageous**  
**Check yourself.**

I don't laugh at  
sexist jokes.



**Fearless**

**Check yourself.**

I raise my voice  
against sexual  
violence.



**Strong**

**Check yourself.**

I'm not ashamed to  
ask for help.



**Strong**  
**Check yourself.**

I help when someone  
is in trouble.