Break the Cycle

Because Everyone Deserves a Healthy Relationship

B2O

BACK 2 SCHOOL. A+ RELATIONSHIPS.
Dating abuse affects people from all ages, backgrounds and identities, which is why it is important to recognize warning signs of abusive behavior.
Constant Put Downs

Warning Signs
Relationship Becomes Serious VERY Quickly

Warning Signs
BIG Mood Swings

Warning Signs
Extreme Jealousy

Warning Signs
Constantly Making False Accusations
Extreme Possessiveness

Warning Signs
Isolation from Family & Friends

Warning Signs
Telling You What to Do or Preventing You from Doing What You Want to Do
Explosive Temper

Warning Signs
Break the Cycle inspires and supports young people to build healthy relationships and create a culture without abuse. Our dynamic and diverse team believes that all young people deserve to live in a world where they can thrive. Our values and work centers young people and their lived realities, leadership, vision, and hopes for the future.