

# Break the Cycle Fact Sheet

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**MISSION:** Break the Cycle engages, educates and empowers youth to build lives and communities free from domestic and dating violence.

**THE ISSUE:** One in three teens will experience abuse in a dating relationship and two-thirds of them will never report it to anyone. Dating violence is not just dangerous, it is devastating to a young person's health and safety. Teens who experience abuse are more likely to abuse drugs, drop-out of school, engage in high-risk sexual behavior, act violently and even attempt suicide. Without the proper support and intervention, young victims find it extremely difficult to change abusive patterns as they become adults.

**PROGRAMS:** Break the Cycle offers programs that defy geographic bounds—ensuring that no young person is excluded from receiving the help, tools and information they need to live free from violence.

Our education program teaches young people about the warning signs of abuse, healthy relationships and their legal rights and responsibilities.

By encouraging youth activism, we spread life-saving information through peer groups and build leaders in the movement against dating violence.

We advocate for more effective laws and policies to equip young people with the support they need to prevent, diagnose and escape unhealthy relationships.

**DEMOGRAPHICS:** Break the Cycle responds to violence with culturally appropriate services to diverse youth populations between the ages of 12-24. To date, our resources have reached more than one million youth nationwide.

**SUSTAINABILITY:** Break the Cycle is committed to building a reliable and diverse financial base. We solicit funding year-round from many sources including government agencies, foundations, corporations, community groups and individual donors. Our efforts ensure that Break the Cycle is able to fund each of our violence-ending programs and maintain long-term stability.

**For further information, feel free to visit our website or email [media@breakthecycle.org](mailto:media@breakthecycle.org).**