

Break the Cycle Annual Report 2006



Ten Years of Empowering Youth to End Domestic Violence

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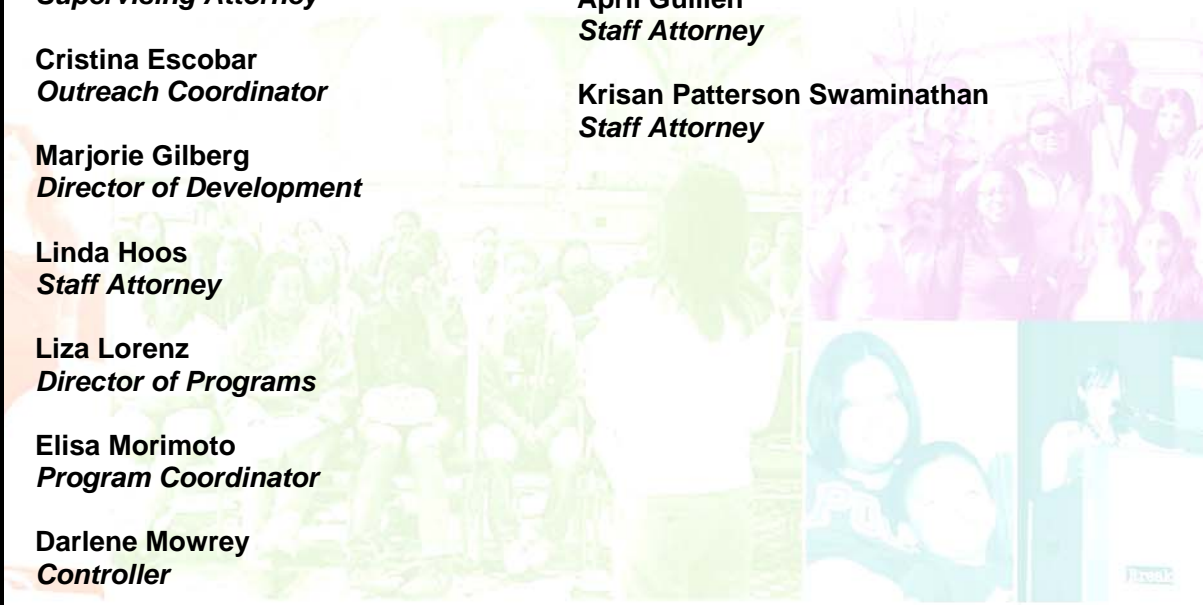
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Message from the Executive Director

I am thrilled to celebrate ten years of Break the Cycle's work to save the lives of young people. Every day we hear from teens who experience abuse in their relationships. But for each young person who reaches out, we know there are many more who do not. In fact, only 33% of teens who experience dating violence in a relationship ever report the abuse. Another recent study found that teens accept extreme jealousy, control and other abusive behaviors as a normal part of their relationships. So many young people suffer in silence.

Break the Cycle helps young people understand that they have the right to safe and healthy relationships, free from violence and free from fear.

We educate teens about healthy relationship behaviors so that they can avoid ever experiencing abuse. We help young people who have found themselves in abusive relationships find necessary resources and safety. We work to affect policy change to improve protections for young people experiencing abuse. And we create opportunities for youth to become activists in their communities and among their peers, helping hundreds more young people to build healthy communities and keep their friends and families safe.

I am pleased that the opportunity for us to help young people extends beyond the "walls" of Break the Cycle. Advances in our programs and operations are beginning to take shape in ways we never before believed possible. In our first decade we directly touched the lives of more than 100,000 youth through our programs and services. In the next ten years, we hope to reach ten times that number.

Looking ahead, I am excited by all the many opportunities for Break the Cycle to make a greater, lasting impact. I look forward to working with you to help young people build healthier communities nationwide.

The number of lives directly touched by Break the Cycle since 1996	105,757
The number of parents, teachers and counselors that Break the Cycle has trained to help teens	13,989
The number of young victims of abuse Break the Cycle has helped transition to survivor	4,775
The average number of young people Break the Cycle currently reaches each day	148
The number of years Break the Cycle has been changing the lives of young people	10
The number of people it takes to help Break the Cycle	1



Warm Regards,

A handwritten signature in blue ink that reads "Jessica".

Jessica Aronoff
Executive Director

BE THE ONE.

Over the past ten years, Break the Cycle has become a trusted resource for domestic and dating violence information and referrals nationwide.



USING TECHNOLOGY TO COMMUNICATE, CONNECT AND INFORM

According to a recent Pew Charitable Trust study, 21 million teens use the internet each day. Also reported in the study, more than 75% of teens get their news online, more than 30% rely on the internet for information about health-related topics, and 45% of teenaged internet users indicated the internet helped them make a difficult decision or navigate an important episode in their life. Increasingly, teens report using instant messaging and e-mail as their primary tools for communicating.

Addressing this reality head-on, Break the Cycle launched the development of our *Ending Violence* DVD Project so teens nationwide can benefit from our valuable programs. The DVD curriculum and learning tool will be supported by thesafespace.org, an online community that offers a safe, confidential place for those seeking answers about teen dating violence. These one-of-a-kind programs are specifically designed to help young people everywhere to achieve healthy lives.

ENGAGE

Through youth activism we mobilize youth to raise community awareness about domestic abuse and its impact on their peers. Incorporating peer advocacy into our work helps youth identify with our preventive message and engages young people to make positive changes in their lives. Through our peer leader efforts, **Break the Cycle promotes youth as the next generation of leaders in the domestic violence prevention movement.**

EDUCATE

A recent survey of teens reports nearly 75% would confide in a friend if they were experiencing dating violence. However, only two-thirds of teens say they would know what to do if a friend came to them for help about an abusive relationship.

Break the Cycle educates youth through an evidence-based, interactive domestic violence prevention curriculum—*Ending Violence*. Presented in English and Spanish, *Ending Violence* teaches teens about domestic violence, healthy relationships and their legal rights and responsibilities. To ensure youth have access to much-needed information and resources, we also train teachers, law enforcement, parents, social workers, attorneys and others to recognize barriers youth face and to respond with sensitivity, confidence and appropriate referrals.

WHY WE SERVE TEENS

Young people are at enormous risk for domestic and dating violence. Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner each year and one in three teens knows a peer who has been physically hurt by a dating partner. Shockingly, four of every five 13 to 14 year olds are concerned about sexual or physical violence in relationships.

Teen victims of abuse are substantially more likely than classmates to bring guns or other weapons to school, and three times as likely to be involved in a physical fight. Youth who report abuse from dating partners have been found to be at elevated risk for a range of serious health concerns including increased drug and alcohol abuse; eating disorders; high-risk sexual behaviors; and higher suicide and teen pregnancy rates.

Compounding the impact of violence on youth are unique challenges they face when seeking help and safety: confusion about the law; no access to basic securities like transportation, shelter or money; distrust of authority; and very few services tailored to their needs.

Without the proper support and intervention, youth who experience dating violence may find it almost impossible to change abusive patterns as they become adults.

EMPOWER

Each year, we help hundreds of young victims find safety for themselves and their families through free legal services, advice, crisis intervention, safety-planning and referrals. Our toll-free helpline allows Break the Cycle to immediately assist youth with questions, information and resources. Break the Cycle aims to work with other community organizations to identify and combat systemic barriers that teen victims face.



Participants in Break the Cycle's programs overwhelmingly report enjoying the program and think it is important to learn about domestic violence. From our regularly implemented pre- and post-test surveys, 81% of participating youth report that they would likely talk to a lawyer if experiencing abuse. Students also report reduced tolerance for verbal and emotional abuse and exhibit greater understanding of both civil and criminal law related to domestic violence.

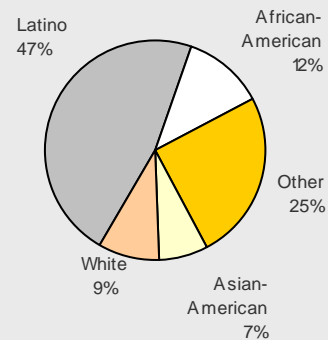
Break the Cycle works to prevent domestic abuse by educating young people ages 12 to 24 as they are forming their first dating relationships.

In 2006, Break the Cycle's life-saving programs reached more than 56,000 young people nationwide.

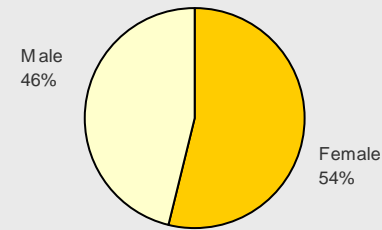
Break the Cycle packaged and distributed our DV101 curriculum to schools and community groups in 34 states.

In 2006 Break the Cycle directly taught 11,127 young people that they have a right to safe and healthy relationships.

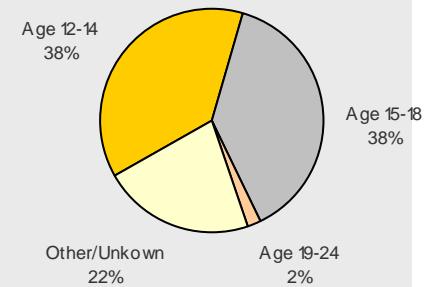
By Ethnicity



By Gender



By Age



ENGAGING IN 2006

- 109** Youth activists, interns and former clients mobilized to inform their communities and break the cycle of violence before it starts.
- 129** Youth volunteers helped Break the Cycle serve our mission.
- 12,350** Hours contributed from Break the Cycle peer leaders, interns and volunteers.

EDUCATING IN 2006

- 11,127** Youth were taught that they have a right to a safe and healthy relationship through our prevention, education and outreach.
- 377** Presentations made in classrooms, after-school clubs, teen parenting programs, foster homes, community agencies and juvenile detention facilities.
- 660** Hours spent teaching youth about domestic violence, healthy relationships and the law.
- 3,251** Teachers, police, counselors, emergency operators and others trained to recognize signs of abuse among youth and respond accordingly.

EMPOWERING IN 2006

- 1,267** Contacts to Break the Cycle for help and advice.
- 70** Domestic violence survivors represented in court
- 1,560** Hours spent providing free legal services, helping young victims to achieve nonviolent relationships and homes.
- 169** Meetings with government agencies, nonprofits and other community partners to improve policies and systems affecting young victims of abuse.

CREATING A COHESIVE SYSTEM TO HELP KEEP YOUNG PEOPLE SAFE

Break the Cycle and a dozen DC agencies partnered on several initiatives including a Model Project to improve service delivery and systems for young victims of abuse. Director Juley Fulcher co-chaired the National Task Force to End Sexual & Domestic Violence that drafted the Violence Against Women Act of 2005, which was signed into law January 2006 and added more than \$60 million in authorizations for new programs to address needs of children and youth affected by domestic violence nationwide.

In Los Angeles, Break the Cycle partnered with Children's Hospital Los Angeles to serve runaway and homeless youth. We trained staff and case managers at El Nido Family Services to effectively respond to the pregnant and parenting teens they serve. At UCLA's Center for Men & Women, we provided domestic violence education workshops to students, Student Affairs personnel and residential life advisors.

Among high-risk youth, dating violence is even more commonplace. Approximately 92% of female juvenile offenders have been victims of physical or sexual abuse before entering the juvenile system. In 2006, we worked with staff from DC Department of Youth Rehabilitation Services to develop and teach a modified violence prevention curriculum to be taught to adolescent girls in the juvenile detention facility at Mt. Olivet.

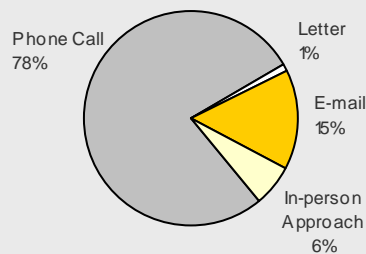
In an effort to develop services tailored to needs of unique, underserved populations, Break the Cycle chairs a committee of service providers tasked to develop programming that will meet needs of sexual minority youth in DC. With a grant from DC Department of Human Services, we are partnering with Sexual Minorities Youth Assistance League to conduct focused education and outreach to sexual minority youth.

In 2006, Break the Cycle partnered with high school students in the Peer Helping program at Los Angeles Center for Enriched Studies to create a public awareness campaign about dating violence. In their own words:

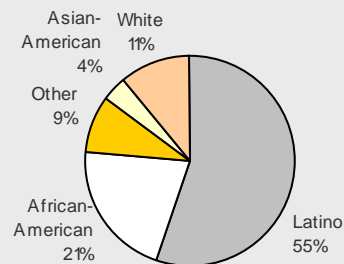
"We are doing this project because we believe it is vital to address the issue of teen dating violence which is often swept under the rug or not discussed at all...As Peer Helpers, we believe it is our duty to address this pressing issue."

In 2006 Break the Cycle helped 1,267 young people to find safety, vital information and referrals.

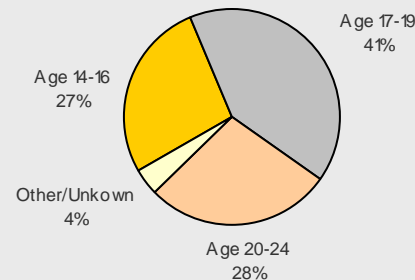
Types of Contacts for Help



Legal Clients by Ethnicity



Legal Clients by Age



Approximately 68% of our legal clients resulted from our education and outreach efforts.

Break the Cycle collaborates with schools, courts, government agencies, law enforcement, hospitals and others to ensure youth have knowledge of and access to life-saving services.

As Break the Cycle grows, so does the network of supporters and advocates for young people that help make our efforts a success.



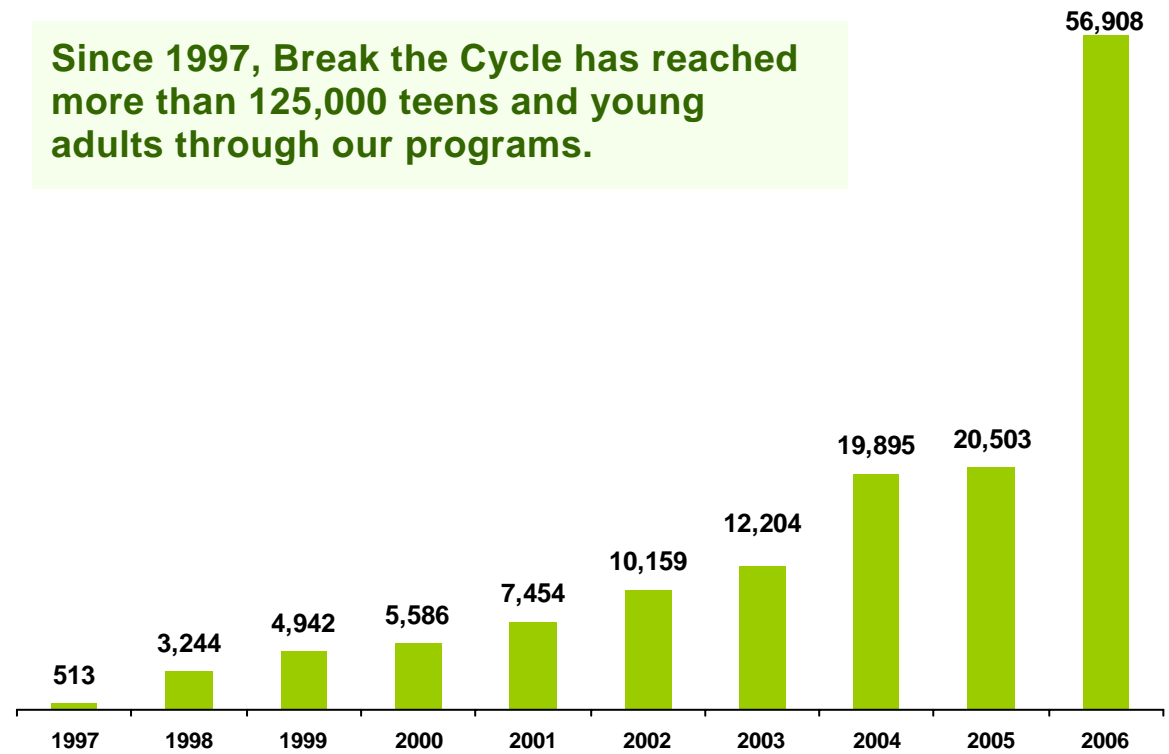
This year Break the Cycle is especially thankful for the generosity and support of more than 200 volunteers and interns who helped with everything from community outreach to legal research to fundraising. Each of our volunteers brings a personal story and reason for joining us. In 2006, we conducted a survey where volunteers had the opportunity to share why they dedicate their time and talents to Break the Cycle:

"I wanted to better serve the community and Break the Cycle is a very important organization dedicated to helping youth break free from domestic violence."

"Break the Cycle has found a great way to address domestic violence in the community... they give young victims a safe place to find assistance and begin to live lives free of fear."

"I feel very strongly that the cycle of abuse can be stopped before it starts...by speaking to young people."

Since 1997, Break the Cycle has reached more than 125,000 teens and young adults through our programs.



BREAK THE CYCLE
STATEMENTS OF FINANCIAL POSITION

ASSETS	<u>2006</u>
CURRENT ASSETS:	
Cash and cash equivalents	\$ 69,251
Accounts receivables, no allowance necessary	63,738
Current portion of mortgage notes receivable	42,538
Prepaid expenses	<u>8,499</u>
Total current assets	<u>184,026</u>
PROPERTY AND EQUIPMENT, net	6,993
MORTGAGE NOTES RECEIVABLE, less current portion	490,674
MORTGAGE NOTE INTEREST RECEIVABLE	15,816
DEPOSITS	<u>6,323</u>
	<u>\$ 703,832</u>
LIABILITIES AND NET ASSETS	
CURRENT LIABILITIES:	
Accounts payable	\$ 20,456
Accrued expenses	153
Line of credit	-
Current portion of capital lease	<u>1,569</u>
Total current liabilities	<u>22,178</u>
CAPITAL LEASE, less current portion	1,876
NET ASSETS:	
Unrestricted	648,922
Unrestricted-board designated	-
Temporarily restricted	<u>30,856</u>
Total net assets	<u>679,778</u>
	<u>\$ 703,832</u>

BREAK THE CYCLE
STATEMENTS OF CASH FLOWS

	<u>2006</u>
CASH FLOW FROM OPERATING ACTIVITIES:	
Change in net assets	\$ 28,076
Adjustments to reconcile change in net assets to net cash (used in) operating activities:	
Depreciation	5,034
Changes in assets and liabilities:	
Gain on sale of investment	-
Accounts receivable	(56,342)
Prepaid expenses	(434)
Deposits	-
Accounts payable	18,017
Accrued expenses	<u>(16,069)</u>
Net cash (used in) operating activities	(21,718)
CASH FLOWS FROM INVESTING ACTIVITIES:	
Sale of investment	-
Mortgage notes receivable	74,313
Equipment purchases	<u>(2,105)</u>
Net cash provided by investing activities	<u>72,208</u>
CASH FLOWS FROM FINANCING ACTIVITIES:	
Proceeds from line of credit	99,100
Payments on capital lease	(1,313)
Payments on line of credit	<u>(125,100)</u>
Net cash (used in) provided by financing activities	<u>(27,313)</u>
NET INCREASE (DECREASE) IN CASH AND CASH EQUIVALENTS	23,177
CASH AND CASH EQUIVALENTS:	
Beginning of year	<u>46,074</u>
End of year	<u>\$ 69,251</u>

Break the Cycle appreciates the generosity of our 2006 donors and in-kind supporters.

The listing below reflects donors with contributions over \$100 in 2006.

\$25,000+

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Anonymous
Blue Shield of California Foundation
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Liz Claiborne Inc.
The Estate of Clarice Silk
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\$10,000 - 24,999

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NY Coalition Against Sexual Assault
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Wintergarden Women's Shelter
Laura Wolner
WomenHaven, Inc.
Anne Marie Wotkyns & Scott Sperber
David Yang
Youth Empowerment Services
YWCA of St. Joseph County
Louis & Dolores Zaccaro

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in tribute to:***

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Max Aronoff Sher
Rachel Cohn
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Joseph Lane & the Clerks of California
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Liz Spander
Jack Waldman
Fredda Weiss
Joanne Zaccaro

Every effort has been made to ensure the accuracy of this listing. Please accept our apologies if there are any errors or omissions and contact our office with corrections. Thank you.

A background collage of diverse young people, including students and young adults, in various settings like classrooms and social gatherings. The collage is composed of several overlapping images with a soft, faded appearance. The colors of the collage include shades of orange, purple, green, and blue.

Break the Cycle

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