

TAKE ACTION

There are many ways to get involved with the fight against domestic violence. Help Break the Cycle engage, educate and empower your community!

Engage

- Host a small fundraiser (like a bake sale) and donate the proceeds to Break the Cycle or a domestic violence organization in your community.
- Volunteer at a local domestic violence organization. If you're in Los Angeles or Washington DC, you can volunteer for Break the Cycle.
- Support federal funding for domestic violence programs in your community. Call or send a letter to your members of Congress. Locate your Senators and your Representatives to get started.
- Help someone in your community.

Educate

- Raise awareness on your school campus about teen dating violence. Host an assembly or lunchtime discussion about the issue.
- Encourage teachers to address dating violence in the classroom. Check out Break the Cycle's curriculum for ideas.
- Recommend a book for your book club with relationship themes. Ask each member to donate \$10 and give the money to Break the Cycle or a domestic violence organization in your community.
- Start a peer education group. Because teens talk to their friends when they are experiencing abuse, peer education can be a lifesaver!

Empower

- Learn about your state's law and how to improve it.
- Ask a local coffee house to hold an open mic night where people can speak out against domestic violence.
- Find out if your school has a policy about domestic violence on campus. If not, encourage them to adopt one.
- Hold an essay, poetry or art contest around the theme of dating violence and healthy relationships. Get a local school, art gallery or mall to display the winners.
- Make it okay to talk about dating violence at your schools, church or workplace. Post flyers, publicize local resources and invite experts to come speak.

We're building a movement and you can help! Tell us how you are taking action in your community. Contact Break the Cycle for more information.

**You have the right to a safe and healthy relationship..
free from violence and free from fear.**