

Break the Cycle

Because Everyone Deserves a Healthy Relationship

Join us in February for Teen Dating Violence Awareness and Prevention Month!

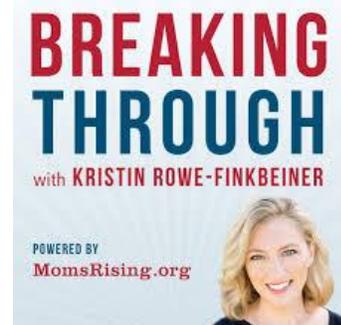
February is Teen Dating Violence Awareness and Prevention Month and we have a lot of great activities planned.

Help Break the Cycle celebrate healthy relationships this TeenDVmonth and join us in taking action!

Take Action

- **It's Time to Talk begins - February 2nd - [Start the conversation](#)** with your friends, family members or coworkers on this day. Listen to this podcast of Laila Leigh, Break the Cycle's very own Legal Services Manager and host Kristen Rowe-Finkbeiner on Mom's Rising to prepare for your day of discussion. Available now for [download](#) on iTunes or listen to the segment titled 'Kicking Off 2016 With Good News'. Do you know the facts of dating violence? Share them with those you care about and commit to setting a time to talk throughout the month. Let Break the Cycle know you had a conversation we want to [share](#) your conversation success with the entire community.
- **Like to Hang Out?** Raising awareness is as easy as hanging out with your friends. As you're walking the mall, sipping on your favorite warm drink or taking a break from the daily grind - join us by recognizing that everyone deserves a healthy relationship. Seriously! Set up a hang out to talk about healthy relationships and share your hang out selfies with us on [Twitter](#). BTC Staff will be hosting hangouts in LA & DC follow us on [Twitter](#) to learn where we'll be and join us!
- **#ChalkAboutLove - February 14 & 29 -** Don't just talk about it CHALK about it! Take your message a step

[Get Information for ITTTD!](#)



Sample #ChalkAboutLove



Websites for Info.

www.breakthecycle.org
www.loveisrespect.org

BTC staff will be out in communities across the country throughout February. Follow us on social media to see what we're doing and join us if you can! If you can't, [share](#) what you're doing - we'd love to know!

Social Media

[Facebook](#)
[Instagram](#)
[Twitter](#)

further (by getting permission of course) to chalk a sidewalk, your campus, a small board with a message of what love means to you. Share your photos and videos with us by tagging @breakthecycleDV on

[Twitter](#) @breakthecycle on [Instagram](#).

- **UTalk DC/Know Your Rights** - U TALK is an event for college students in the DC area to speak up about the information and resources they need to create healthy relationships. Follow us on [Facebook](#) to learn more about the event details.



**BTC SNAPCHAT
LAUNCH COMING
SOON!!**

Don't forget Respect Week 2016 is February 8 - 12



You can also connect with us throughout February through loveisrespect, our partnership with the National Domestic Violence Hotline. Here are some ways to engage with us and find helpful resources to support your TeenDVmonth community activities:

- Wear Orange Day 2/9 - join the [Facebook event page](#) today!
- National Respect Announcement - join the [Thunderclap](#) today!
- Download the [Respect Week Guide](#)

Stay tuned for updates and resources!
