

YOUNGER THAN YOU THINK

Almost 70% of women (69.5%)
who have been physically or
sexually abused or stalked by
a dating partner,
first experienced abuse
between the ages of 11-24.

Breiding, M.J., Chen J., & Black, M.C. (2014). Intimate Partner Violence in the United States — 2010. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

Break the Cycle
Because Everyone Deserves a
Healthy Relationship

NO MORE

Dear Fellow Advocate,

When we think of Domestic Violence Awareness Month, we often think of an older woman with children who is being abused. While unfortunately that image is accurate, the story begins long before that moment. More than half of women (69.5%) and men (53.6%) who have been physically or sexually abused or stalked by a dating partner, first experienced abuse between the ages of 11-24.¹ That's why this #DVAM we want people to know that **abuse starts younger than you think**. And we need to start talking about that.

Starting today, October 3rd, share your stories of dating abuse and unhealthy behaviors happening from adolescence to young adulthood with the hashtag #YoungerThanYouThink. The campaign will run for 2 weeks, ending formally on October 17th, but our hope is the hashtag will become an online home for survivors to share, connect, and heal.

Please join us, follow along, tell your local media, and share the campaign during DVAM. Change the story for someone else, and stop domestic violence before it starts...**because abuse starts #YoungerThanYouThink**.

Ways to Get Involved

1. Share your personal story using #YoungerThanYouThink
 - a. Ex: He threatened to hurt himself if I left. I was in middle school. #YoungerThanYouThink
 - b. Ex: She accused me of cheating & punished me for it if I even glanced at another girl. I was 18. #YoungerThanYouThink
 - c. Ex: Credit destroyed at 23 because they stole all my credit cards #YoungerThanYouThink

2. Encourage your fellow advocates and local domestic violence/sexual assault organizations to use #YoungerThanYouThink to talk about teen dating abuse & unhealthy behaviors

Promotional Post Examples

Twitter

- Share your story of #teendv & connect with other survivors with #YoungerThanYouThink. #DVAM
- Stop domestic violence before it starts. Abuse begins #YoungerThanYouThink
- This #DVAM talk with your teen about #healthyrelationships. Abuse starts #YoungerThanYouThink
- You're not alone. Read #YoungerThanYouThink to connect w other dating abuse survivors
- Change the story for someone else...because abuse happens #YoungerThanYouThink.
- Nearly 70% of women who have been abused or stalked by a dating partner, first experienced abuse b/t 11-24 yrs old #YoungerThanYouThink
- Over half of men who have been abused or stalked by a dating partner, first experienced abuse b/t 11-24 yrs old #YoungerThanYouThink

Facebook

- Almost 70% of women (69.5%) who have been physically or sexually abused or stalked by a dating partner, first experienced abuse between the ages of 11-24. Share your stories of dating abuse and unhealthy behaviors from adolescence to young adulthood with the hashtag #YoungerThanYouThink. Change the story for someone else...because it happens #YoungerThanYouThink.
- Over half of men (53.6%) who have been physically or sexually abused or stalked by a dating partner, first experienced abuse between the ages of 11-24. Share your stories of dating abuse and unhealthy behaviors from adolescence to young adulthood with the hashtag #YoungerThanYouThink. Stop domestic violence before it starts...because it happens #YoungerThanYouThink.

If you need help, please contact your local domestic violence organization, call the National Domestic Violence Hotline at 1-800-799-7233, or Victim Connect Hotline at 855-484-2846; If you are under 24, you can also text "loveis" to 22522; If you are in immediate danger, call 9-1-1.

Thank you for your support in this!

In partnership,

Break the Cycle

¹**Statistic Source:** Breiding, M.J., Chen J., Black, M.C. (2014). Intimate Partner Violence in the United States - 2010. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

The logo for "Break the Cycle" features the word "Break" in a white, bold, sans-serif font inside a black rectangular box. To its right, the words "the Cycle" are written in a blue, sans-serif font, with "the" in a smaller size and "Cycle" in a larger size, all contained within a blue rectangular box.

**Because Everyone Deserves a
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