

BREAK THE CYCLE (BTC)

SUPPORTING YOUR BOYS TOWARDS POSITIVE CHANGE



As parents, guardians, and caregivers, we all want the best for our children.

Adolescence can be a time of immense growth, but it can also be a period of struggle, particularly when there has been exposure to domestic and family violence.

“Break the Cycle” is a program that will support adolescent males to understand their experiences. It aims to provide a pathway toward healing, recovery and safe relationships.

Understanding the impact of Domestic and Family Violence

Research consistently shows that experiencing DFV can have lasting effects on young people, particularly in their earlier years.

For adolescent males, exposure to violence can lead to trauma that disrupts their ability to form healthy attachments to their caregivers and others. These early experiences can increase the likelihood of using violence in their future relationships.

This is why early intervention is crucial.

Programs like “Break the Cycle” provide participants with the tools they need to heal and learn how to build healthy, respectful relationships.

Early Intervention is key

“Break the Cycle” is a program designed for adolescent males to support them to recover from trauma and develop healthy emotional and social skills.

By participating in this evidence-based, therapeutic program, males aged 12-18 can:

- Heal from the effects of DFV and trauma
- Understand the impacts and drivers of violence
- Take accountability for their actions
- Learn how to build healthy relationships
- Increase their sense of stability in essential life areas such as housing, education, and safety

The program provides holistic, trauma-informed, and attachment-based support for up to 12 months, with the aim to support participants to make meaningful changes in their lives.

Who Can Join the Program?

"Break the Cycle" is designed for adolescent males, including trans and non-binary young people who identify as masculine, who:

- Are between the ages of 12-18
- Have experienced or are currently experiencing domestic and family violence
- Are at risk of using, or already using, violence in their own relationships
- Live within the designated catchment area

It's important to note that parents or caregivers will play a crucial role in the program.

Program requirements and responsibilities

For "Break the Cycle" to be effective, it is essential that all participants commit to the program's expectations. This includes:

- Attending scheduled appointments
- Working with their BTC worker to set and achieve goals
- Having a safe parent or caregiver involved and informed in the program where possible
- Consenting to BTC worker seeking feedback from those who have experienced the violence

Why We're Here for You

At YFS and DVAC, we are committed to offering a safe, non-judgmental, and supportive space for adolescent males.

Our team consists of highly qualified specialists who work closely with young people to help them heal from experiences of DFV and learn how to create healthier futures.

We firmly believe that young people are the experts in their own lives, and our approach is built on respect, transparency, and accountability.

Privacy and Confidentiality

We prioritise the privacy and confidentiality of all participants. We adhere to strict protocols about the information we collect and how it is used, ensuring it is in the best interest of the young person's healing.

In the case of emergencies, the safety of our clients is our top priority, and we may contact emergency services if necessary.

If you need to contact BTC please email us at:

Logan: breakthecycle@yfs.org.au

Ipswich: breakthecycle@dvac.org.au