

BREAK THE CYCLE (BTC)

SUPPORTING YOU TOWARDS POSITIVE CHANGE

"Break the Cycle" is a program that will support you in understanding your experiences. It aims to provide a pathway toward healing, recovery and safe relationships.

What is BTC?

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

BTC helps you to:

- Heal from the effects of DFV and trauma
- Understand the impacts of violence
- Understand your actions and their impacts
- Learn how to build healthy relationships
- Increase your 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 you to make meaningful changes in your life.

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



Program requirements and responsibilities

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

- Attending scheduled appointments
- Working with your BTC worker to set and achieve goals
- Having a safe parent or caregiver involved and informed in the program (where possible)
- Consenting to the BTC worker seeking feedback

Why We're Here for You

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

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 you are the expert in your own life, 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 your healing.

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



If you need to contact BTC please email us at:

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