

Overview: The SOWEGA Victims Alliance, a program of the Southwest Georgia Children's Alliance provides vital resources and support to individuals in domestic violence situations. Beyond assisting those currently affected by domestic and dating violence, SOWEGA works to change generational patterns of abuse through awareness, education, and community partnerships.

Because children who witness or experience abuse are at great risk of becoming future abusers or victims, many do not realize when they are trapped in a cycle of abusive behavior. The Break the Silence. Break the Cycle. campaign raises awareness of this issue that often hides in plain sight, educating victims, abusers, and the general public about how to recognize the dangers of unhealthy relationships and the steps they can take to protect themselves and others—helping the entire community move toward safety, healing, and lasting change.



Campaign Logo



Posters



Rack Card



isn't

SCARY.

Violence isn't LOVE. It's a LIE.

Abuse hides behind sweet words and empty promises. Learn to spot the truth behind the lies.

Break the
SILENCE.



Break the
CYCLE.



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Children raised in FEAR repeat the PAIN.
Ending domestic violence starts with speaking up.



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VIOLENCE and **CONTROL** don't belong in your home or your life.

Abuse takes many forms: physical, emotional, financial, and mental. If you're feeling controlled, afraid, or unsure what's "normal" anymore, trust your instincts.

SPEAKING UP isn't easy. But it's the first step to **BREAKING THE CYCLE**.

Need help or just someone to talk to?

Call SOWEGA Victims Alliance **229.331.0315**

Or visit sowegavictims.org



You may not realize you're in an **UNHEALTHY RELATIONSHIP**. Or that **SOMEONE YOU LOVE IS**.

It's not just about bruises or broken bones. It's threats, manipulation, isolation, stalking, jealousy, control, financial dependence—and fear.

Have you experienced abuse? _____

- You deserve to feel safe at home, in your relationship, and in your daily life.
- Talk to someone.
- Call us to speak confidentially with someone who can help you make a personalized safety plan.

Know someone who might have? _____

- Listen. Believe them. Even if they're unsure or scared.
- Offer support, not judgment.
- Share our phone number for resources to help.

Everyone can help break the cycle. _____

- Take a stand: Speak out when you hear harmful language or excuses for abusive behavior.
- Learn how to start a conversation in your church, school, or civic group.
- Become a community partner helping to raise awareness and share materials.

You have more power than you think.

Together, we can break the silence—and BREAK THE CYCLE.



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