

To the Victim of Domestic Abuse,

Your life **matters!**

You can't change the way someone treats you, but you can **change** how you react to it. Dig deep inside for the **inner strength** to break free from this abuse. **You deserve better.**

You don't always need a plan, but you do need **courage** and to **trust** in yourself.

You can do this!

Break the cycle.

Speak up and get help.



**STOP
IT!**



BECOME A SURVIVOR