



# BREAKING THE CYCLE

## POVERTY SIMULATION

### *"What if?"*

It is a powerful question that we tend to overlook. What if I lived in poverty? Every day millions of Americans face poverty head-on and are forced to make critical either/or decisions. Decisions like whether to:

- buy medicine or pay rent
- eat or pay utilities
- repair a car or miss work

Today,  
**40 MILLION**  
Americans live in poverty.  
They are your neighbors, co-workers,  
fellow parishioners and your  
children's friends.

Poverty is a reality and decisions like these are made every day in our community.

Without experiencing poverty, it is difficult to understand. Breaking the Cycle is an in-person or digital interactive experience that promotes awareness, increases understanding and inspires local change. When employees participate in a poverty simulation, it increases understanding of the dynamics of poverty and how to create social change through impact, collaboration and service, while also increasing employee engagement within the workplace.

In the simulation, participants take on the identity of a low-income family living on a limited budget and are challenged to effectively allocate resources over a five-month period. This brief, simple, but powerful, experience develops a more complete understanding of issues surrounding poverty.

#### WHAT SHOULD PARTICIPANTS EXPECT?

- A 60-minute simulation of life in poverty
- A unique team-building experience
- Time to reflect and share experiences

#### WHO SPONSORS POVERTY SIMULATIONS?

- Corporations
- Educational Institutions
- Nonprofits
- Faith-based Organizations

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