

UNDERSTANDING VIOLENCE!

It is clear that the way to heal society of its violence... and lack of love is to replace the pyramid of domination with the circle of equality and respect..Manitonquat

WHAT TO KNOW!

- ❖ Violence is responsible for 1.5 million deaths annually around the globe; just over 50% due to suicide, 35% due to homicide, and just over 12% due to war or conflict
- ❖ It is recognized that for every death, there are thousands of medical and ER visits
- ❖ Violence is defined as the intentional use of force or power against a person, group, or community that either results in or has a high likeliness of resulting in injury, death, psychological harm, impaired development or deprivation
- ❖ The “use of force or power” includes neglect, physical, sexual, and psychological abuse, suicide and self-abusive behaviors
- ❖ Self-directed violence includes suicidal acts, thoughts, and attempts, and self-abuse such as self-mutilation
- ❖ Family and intimate partner violence usually occurs within the home and includes child abuse, elderly abuse, and spousal abuse
- ❖ Community violence occurs among unrelated people and is usually outside the home and includes sexual assault, school and workplace bullying, and random violence
- ❖ Social collective violence advances a social agenda such as mob violence, crimes of hate by organized groups, and terrorist acts
- ❖ Political violence includes war, conflicts, and government violence
- ❖ Economic violence includes attacks by groups motivated for economic gain
- ❖ People often become violent when they feel shame, that is when they are humiliated, put down, made fun of or ignored, and react with revenge against those who shamed them
- ❖ People also become violent to keep their power and control when faced with the possibility of losing it
- ❖ People also become violent when they don't have the power or control and feel entitled to take things by force if they can't get it any other way
- ❖ Traditionally, our inhibitions and fear of consequences keeps our violent tendencies under control
- ❖ Genocide occurs when people are dehumanized to the point that they are seen as less than humans or subhuman and therefore can be destroyed without fear or guilt
- ❖ There are strong correlations between violence and poverty, income inequality, gender inequality, alcohol abuse, and the absence of safe trusting relationships

WHAT TO DO TO PREVENT VIOLENCE!

- ❖ Teach problem solving skills and non-violent means of conflict resolution
- ❖ Develop safe, trusting and nurturing relationships between children and caregivers
- ❖ Develop social, emotional and behavioral competencies for people to deal with life's conflicts and frustrations
- ❖ Reduce availability of alcohol and increase treatment programs for problem drinkers
- ❖ Reduce easy access to firearms and other weapons
- ❖ Promote equality and respect for people of different ethnicities and gender
- ❖ Change societal values that support violence such as in the media and videogames
- ❖ Establish environments where expectations include non-violent behaviors
- ❖ Seek professional help if you have difficulty managing your temper or violent behaviors

WE CAN HELP!

Call us at **954 755-2885** or email us at [**DrKimmel@KimmelPsychology.com**](mailto:DrKimmel@KimmelPsychology.com)

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