

## **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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