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Reducing the Risk of Violence

HEALTH GOAL

- I will practice protective factors to reduce the risk of violence.

Acts of violence are often seen on television and in movies, and described in music lyrics. If teens are exposed to violence repeatedly, they may become desensitized to it, and therefore, may be unable to recognize what is and what is not violent.

What You'll Learn

1. List and discuss nine types of violence. (p. 657)
2. Identify 20 risk factors that increase the likelihood that a person will become a perpetrator or a victim of violence. (p. 659)
3. Identify 20 protective factors that reduce the likelihood that a person will become a perpetrator or a victim of violence. (p. 660)
4. Explain how passive, aggressive, and assertive behavior influence the risk of being a perpetrator or a victim of violence. (p. 661)
5. Analyze and apply strategies for avoiding violence. (p. 661)

Why It's Important

If you act violently, you could permanently harm your health, go to prison, or die. You also might hurt or kill other people.

Key Terms

- violence
- perpetrator of violence
- victim of violence
- assault
- homicide
- child abuse
- domestic violence
- elder abuse
- aggressive behavior
- passive behavior



What Would You Do?

Writing About Assertive Behavior Suppose that someone tells you that another student in your school has been spreading an untrue rumor about you. You are angry about this and concerned about your reputation. Review the information on assertive behavior on page 661. Write an entry in your health journal about how you could resolve this conflict in an assertive—rather than an aggressive or passive—way.



Health TEKS covered by Lesson 63: 5C, 5D, 7E, 7F, 7J, 14B, 15A, 15B, 15C, 16A, 16C

Violence



The use of physical force to injure, damage, or destroy oneself, others, or property is called **violence**. The avoidance of the threatened or actual use of physical force to injure, damage, or destroy oneself, others, or property is **nonviolence**.

A person who commits a violent act is a **perpetrator of violence**. A person who has been harmed by violence is a **victim of violence**.

What to Know About Types of Violence

Bullying Intentional psychological, emotional, or physical harassment of one person by another person or group is called **bullying**. Bullying can occur at school or other locations. It includes exclusion from a peer group, inducing fear or a sense of inferiority, taking money or property by force, and violence. Three-fourths of high school students say they have been bullied.

Fighting Taking part in a physical struggle is **fighting**. About 40 percent of high school students say that they have been involved in at least one fight per year, while 8 percent say they have been in a fight in the last 30 days in which someone needed medical treatment. In most cases of murder involving teens, the violence began as a fight.

Assault A physical attack or threat of attack is an **assault**. There are more assault injuries to teens than people of any other age group. In some cases, assault occurs because a person wants to harm another person. In other cases, assault occurs as a result of another type of crime. For example, a teen might push another teen down to take a possession. People who have been assaulted may require emergency medical treatment.

Suicide The intentional taking of one's own life is **suicide**. It is a deadly and final solution to temporary problems. Teens who commit suicide usually have experienced depression, anger, hopelessness, alcohol and other drug abuse, family problems, or relationship problems for which they may have received help.

Suicide is the third leading cause of death among teens. Young women are three times more likely than young men to attempt suicide, but men are four times more likely to successfully commit suicide than women.

Homicide The killing of one person through the act, advantage, or mistake of another is a **homicide**. Homicide is murder, manslaughter, an excusable homicide, or a justifiable homicide.

Murder is the death of a person as a result of intentional actions. Manslaughter is the death of a person as a result of neglect, abuse or recklessness. Murder and manslaughter are unlawful homicides. Some unlawful homicides follow fights between people who know each other, whether they be family, friends, or acquaintances.

Make the Connection

Suicide For more information on suicide and suicide prevention strategies, see page 114 in Lesson 10.

Make the Connection

Rape For more information on rape and rape prevention strategies, see page 687 in Lesson 66.

Did You Know?

Date Rape The most common form of rape (78 percent) is date rape. One out of four women is expected to fall victim to rape or attempted rape before they reach age 25. Three out of five female rape victims are age 17 or younger.

An excusable homicide is the death of a person as a result of an accident while doing any lawful act, without criminal negligence or any unlawful intent. Justifiable homicide is the death of a person as a result of the intention to kill or to do serious bodily injury under circumstances that the law holds sufficient to pardon the person who commits it. Justifiable homicides include an officer acting in obedience to a lawful warrant, and a person killing in lawful self-defense. The acts of excusable and justifiable homicides are lawful. Homicide is the second leading cause of death in teens.

Sexual harassment Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature when submission to or rejection of this conduct creates an intimidating, hostile, or offensive environment is **sexual harassment**. Federal law makes it clear that sexual harassment should never be tolerated in a school.

Rape Sexual penetration without consent obtained by force or threat of harm, or when the victim is incapable of giving consent is **rape**. An important part of this definition is the phrase “without consent.” The law interprets what “without consent” means. If a person does not agree willingly to have sex, there is no consent. People under a certain age and people who do not have certain mental abilities are considered unable to give consent even if they willingly agree to have sex. A person who has sex with someone without consent is guilty of committing rape.

Child abuse Harmful treatment of a minor that can cause injury or psychological damage is **child abuse**. Child abuse may involve physical abuse, emotional abuse, sexual abuse, or neglect. The most common type of child abuse is neglect, followed by physical, sexual, and emotional abuse. Perpetrators are usually family members or family friends. Children and teens have a right to be protected and safe. No one has the right to abuse them.

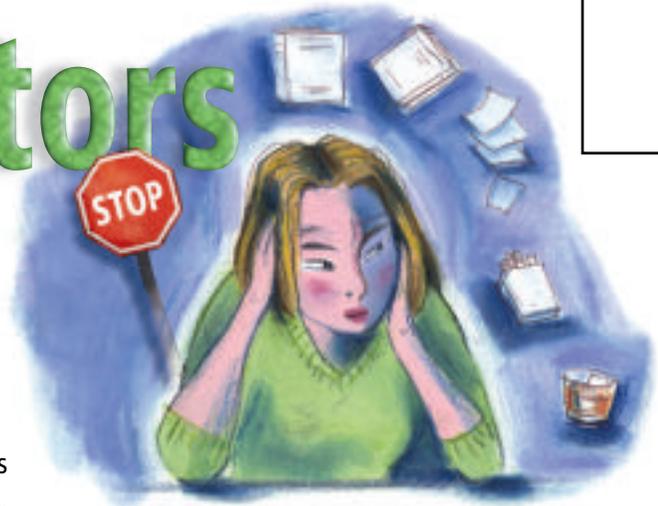
Domestic violence Abuse used by one person in a relationship to control the other is **domestic violence**. Domestic violence, including physical assault, sexual abuse, and stalking, is criminal behavior. Emotional, psychological, and financial abuse are not criminal behaviors, but they are abuse and can lead to criminal behaviors.

Domestic violence can happen frequently, or once in a while. Half of all married couples say that violence has occurred at least once during their marriage. About 30 percent of all female murder victims in the U.S. are killed by their current or former intimate partner.

Domestic violence also includes violence between other family members. It is estimated that one-half of all families have experienced some type of domestic violence. Roommates may also experience domestic violence.

Parent abuse is the abuse of parents by their children, and is a type of elder abuse. **Elder abuse** is physical, emotional, or psychological harm done to an older adult. Elder abuse also can be financial exploitation or intentional or unintentional neglect of an older adult by the caregiver.

Risk Factors



Something that increases the likelihood of a negative outcome is a **risk factor**. Read the twenty risk factors that increase the likelihood that you will be a perpetrator or victim of violence, shown below. You may find that some factors describe your behavior or the environment in which you live. If so, you have some risk factors for violence and you may be more at risk for behaving in violent ways and for being harmed.

What to Know About Risk Factors

Risk factors refer only to the statistical probability that an individual will be affected by or become a perpetrator of violence. Individuals with more risk factors and fewer coping skills are vulnerable. This does not mean that you will actually behave in violent ways or be harmed by others. Risk factors occur at the individual, family, school, and community levels. You have varying degrees of control over the different risk factors.

For example, you do not have control over the family in which you are raised or the environment in which you live. However, you do have control over whether or not you carry a weapon to school.

Knowing about risk factors is an important step in protecting yourself and others from violence.

Twenty Risk Factors That Increase the Likelihood That You Will Be a Perpetrator or Victim of Violence

- failing to recognize violent behavior
- being raised in a dysfunctional family
- living in an adverse environment
- being unable to manage anger
- being unable to manage stress
- lacking social skills
- having suicidal tendencies
- resolving conflict in harmful ways
- practicing discriminatory behavior
- lacking responsible decision-making skills
- not participating in physical and recreational activities
- using alcohol or other harmful drugs
- lacking self-respect
- being unable to resist negative peer pressure
- carrying a weapon
- belonging to a gang
- challenging authority or breaking laws
- failing to take precautions to protect yourself
- avoiding recovery if you have been a victim of violence
- repeating violence if you have been a juvenile offender



Protective Factors



Something that increases the likelihood of a positive outcome is a **protective factor**. Read the twenty protective factors that reduce the likelihood that you will become a perpetrator or victim of violence, shown below. You may find some protective factors that describe your behavior or characteristics of the environment in which you live. If so, you have some protection from violence and you are more likely to behave in nonviolent ways and not be harmed by others.

Did You Know?

Resiliency Resiliency can't be taught, but it can be learned and developed.

What to Know About Protective Factors

Protective factors refer only to the statistical probability that your health, safety, and well-being will be protected. There is a chance that something beyond your control will affect your health, safety, and/or well-being in negative ways. For example, you might be a victim of random violence. However, the more protective factors that apply to you, the less likely you are to become a victim or perpetrator

of violence. Protective factors help promote resiliency. **Resiliency** is the ability to adjust, recover, and learn from change, illness, or misfortune without becoming overwhelmed or acting in inappropriate ways. Your level of resiliency determines how well you can overcome adversity, and hold up under pressure. High levels of resiliency help you come out of situations stronger.

Self-confidence and self-esteem make you more emotionally resilient.

Twenty Protective Factors That Reduce the Likelihood That You Will Be a Perpetrator or Victim of Violence

- recognizing violent behavior
- having self-respect
- being raised in a healthful family
- living in a nurturing environment
- having social skills
- being able to manage anger
- being able to manage stress
- participating in physical and recreational activities
- practicing suicide prevention strategies
- being able to resolve conflict
- avoiding discriminatory behavior
- making responsible decisions
- being able to resist negative peer pressure
- avoiding the use of alcohol and other harmful drugs
- staying away from weapons
- staying away from gangs
- showing respect for authority and obeying laws
- practicing self-protection strategies
- participating in recovery if you have been a victim of violence
- changing your behavior if you have been a juvenile offender in the past



Assertive Behavior and Violence

Your behavior can influence the likelihood that you will be a perpetrator or victim of violence. If you would like to have positive interactions with others you need to be able to assert yourself effectively. If you express your feelings and needs, while respecting those of others, you will be neither a perpetrator nor a victim. The more you trust and value your feelings, the more likely you will be to resist peer pressure, to respect warm and caring adults, and to be successful in achieving your personal goals.

How Assertive Behavior Reduces the Risk of Violence

Aggressive behavior The use of words or actions that are disrespectful toward others is **aggressive behavior**. There are three types of aggressive behavior: physical, verbal, and indirect. **Physical aggression** includes pushing, shoving, hitting, slapping, biting, kicking, and hair-pulling. **Verbal aggression** includes threatening and intimidating others and engaging in malicious teasing, taunting, and name-calling. **Indirect aggression** includes gossiping, spreading cruel rumors, staring or glaring at someone, and rejecting or excluding someone.

Aggressive behaviors increase the risk for being a perpetrator or victim of violence. Aggressive behaviors, which produce desired results, will likely lead to future aggressive behaviors. Aggressive actions may provoke others into retaliation or into defending themselves. As a result, people with aggressive behaviors might be harmed by others.



Passive behavior The holding back of ideas, feelings, and decisions is **passive behavior**. Some people use passive behavior and back off when there is a disagreement because they find conflict very unsettling. When people keep their anger to themselves the bottled-up anger continues to grow, eventually causing an explosion and lashing out. Passive behavior can increase the risk for being a perpetrator and a victim of violence.

◀ If you express yourself in an assertive way—rather than in an aggressive or passive way—you will gain the respect of others.

Health TEKS

16C (covered on page 661): Classify forms of communication, such as passive, aggressive, or assertive.

Quick Quiz:
What is indirect aggression?

Mini-Review

1. Name the three types of aggressive behavior.
2. How can your behavior influence the likelihood that you will be a victim or perpetrator of violence?

Activity: Using Life Skills

Setting Health Goals and Using Decision-Making Skills: Patterns of Behavior Test

Read the following scenarios. Choose the response that best describes how you would react. Check your answers against Step 4. On a separate sheet of paper, write a paragraph discussing how your responses could be healthier. When you make decisions, refer to the Responsible Decision-Making Model for help. 1) Describe the situation. 2) List possible decisions you might make. 3) Share the list with a responsible adult. 4) Evaluate the possible consequences of each decision: Will it promote health? Will it protect safety? Will it follow laws? Will it show respect for myself and others? Will it follow the guidelines of my parents and of other responsible adults? Will it demonstrate good character? 5) Decide which decision is most responsible and appropriate. 6) Act on your decision and evaluate the results.

- 1** You are working on a group project, but you have done most of the work. You
- yell at your group-mates.
 - don't say anything.
 - divide the remaining work.

- 2** You are with some friends when one of them tells an offensive joke. You
- storm away saying, "You are a jerk!"
 - don't say anything.
 - say, "That joke wasn't funny."

- 3** Your new soccer teammate is not playing very well. You
- tell her to give up.
 - don't say anything.
 - ask if she wants to practice later.

- 4** If your responses are mostly "a:" You exhibit aggressive behavior. You should work on empathy and respect for others. Mostly "b:" You exhibit passive behavior. You should work on communicating your needs effectively. Mostly "c:" You exhibit assertive behavior. You communicate your needs effectively and show respect for others.

People with assertive behavior respect others and expect others to respect them. ▶

People with passive behavior do not stand up for themselves or expect others to respect them. If they are harmed by others, they may keep it a secret in order to avoid conflict.

Assertive behavior The honest expression of ideas, feelings, and decisions while respecting the rights and feelings of others is **assertive behavior**. People with assertive behavior are those that respect others and expect others to respect them. They are not controlling, forceful, or intimidating. They express anger in appropriate ways. They communicate in healthful ways and are able to resolve conflict without fighting. As a result, the use of assertive behavior decreases the risk for being



perpetrators or victims of violence. People with assertive behavior expect to be treated with respect and do not allow others to take advantage of them. People with assertive behavior confront disrespectful behavior and don't ignore it.

aggressive behavior
assault
child abuse
domestic violence
elder abuse
homicide
nonviolence
passive behavior
perpetrator of
violence
rape
victim of violence
violence

🔑 Key Terms Review

Explain the relationship between the pairs of lesson Key Terms below. Do not write in this book.

1. domestic violence—assault
2. passive behavior—violence
3. perpetrator of violence—victim of violence
4. assault—homicide
5. child abuse—violence
6. aggressive behavior—passive behavior
7. child abuse—elder abuse
8. aggressive behavior—violence

Recalling the Facts

9. Discuss homicide (murder, manslaughter, excusable homicide and justifiable homicide).
10. List the risk factors that increase the likelihood that you will be a perpetrator or victim of violence.
11. List and discuss the types of violence.
12. Discuss resiliency.
13. Who can become involved in domestic violence?
14. Explain the phrase “without consent.”
15. Describe how a person with assertive behavior communicates with others with consideration and respect.
16. List the protective factors that reduce the likelihood that you will be a perpetrator or victim of violence.
17. Discuss aggression (physical, verbal and indirect).
18. Why should you know about risk factors?

Critical Thinking

19. How do aggressive behaviors influence the risk of being a perpetrator or a victim of violence?
20. Explain why protective factors reduce the likelihood of becoming a perpetrator or victim of violence.
21. Explain why risk factors increase the likelihood of becoming a perpetrator or victim of violence.
22. How do passive behaviors influence the risk of being a perpetrator or a victim of violence?

Activities

Responsible Decision Making

27. **Define** You have been waiting in line with your friends to buy movie tickets when students from another school cut in front of you. Write a response, explaining what you would do in this situation if you exhibited A) passive behavior, B) aggressive behavior, and C) assertive behavior. Refer to the Responsible Decision-Making Model on page 61 for help.

Real-Life Applications

23. Which of the risk factors that are outlined and described on page 659 could you improve?
24. Discuss how your health can be harmed if you act violently.
25. What would you do if you were charged regular price for something that was on sale?
26. Which of the protective factors that are outlined and described on page 660 could you improve?

Sharpen Your Life Skills

28. Analyze Influences on Health

Refer to the list on page 660 of protective factors that prevent violence. Rank them in order from 1 to 20, beginning with the factor you feel is the most important. Explain why you selected the first five protective factors as being most important. Write a one-page paper on how you can incorporate these factors into your life.