

10 THINGS YOU REALLY NEED TO KNOW ABOUT VIOLENCE

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Violence is never inevitable; it is preventable.

Most people are not violent, and those who are can change. Potential acts of violence can be detected and prevented.



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Everyone has a right to be free of violence.

There is no good reason for violence. Every person has a right to live free from violence anywhere—at home, at school, and in their communities.

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Moral judgments will not solve violence.

People are not inherently “evil” or “bad.” In most cases, people who act violently believe they are justified and morally right: believing they are defending their honor, avenging a friend, defending a religion.



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More punishment will not solve violence.

Science has shown punishment is generally ineffective or overvalued as a method of influencing and changing behavior.

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More jobs will not solve violence.

Being employed does not stop people from committing violence if they feel they are justified. Jobs programs on their own have not made communities safer; the United States is one of the world’s most prosperous and most violent societies. Violence is a contagious behavior, and stopping it requires more than getting a job.



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Violence is just a behavior.

Violence is a type of behavior—like eating, smoking, drinking, or exercise behaviors. Understanding violence as a behavior is essential to changing or preventing it.

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People copy violent behavior (unconsciously).

Violent behavior is contagious. People become violent because they have been exposed to violence and have picked up the behavior in the same way you'd pick up a cold. People who have been chronically exposed to violence can be 30x or more likely to commit serious violence.



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Violence causes even more violence.

Acts of violence have a multiplying effect. A shooting can lead to retaliation, and that retaliation can lead to further escalation. Similarly, a parent's abusive or violent behavior is often passed down to his/her children and grandchildren.

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All types of violence are contagious—and related.

Violence in the community, school, home, prison, and even the battlefield is contagious between settings and types. For example, someone exposed to community violence is more likely to be violent at home, and a person exposed to war violence is more likely to be violent in his/her own home or community.

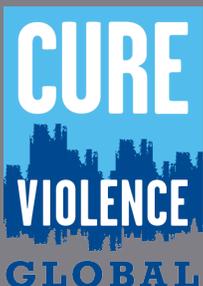


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Violence can be interrupted and stopped using a health approach.

The NEW health approach (or the Cure Violence health approach) reduces violence by 40–70%. These workers teach people to control their reactions to conflict: cool down, walk away, or call someone for help.



How Cure Violence Can Help

- A proven theory of change - across types of violence
- Training in implementing health approach
- Community assessment and capacity building
- Interruption and outreach training
- Cure Violence Model replication
- Immediate and sustained reductions in violence