

Chapter Five:  
 Preventing Violence and Injury

**13<sup>th</sup> edition: pp. 118-141**  
**12<sup>th</sup> edition: pp. 110-129** (chapter 4)

we live in a violent society!  
*13<sup>th</sup> edition: pp. 119-120; 12<sup>th</sup> edition, pp. 111-112*

- × the U.S. is one of the most violent places on the planet...only Syria, Yemen, Afghanistan and Mexico in 2018 had more deaths per capita
- × Despite high profile massacres, statistically violent crime was on the decline in rest of the country, though is increasing since 2012.
- × violence effects us all:
  - × insurance and policing costs
  - × lessening of security and freedom
  - × societal stereotypes and perceptions
  - × family cohesion

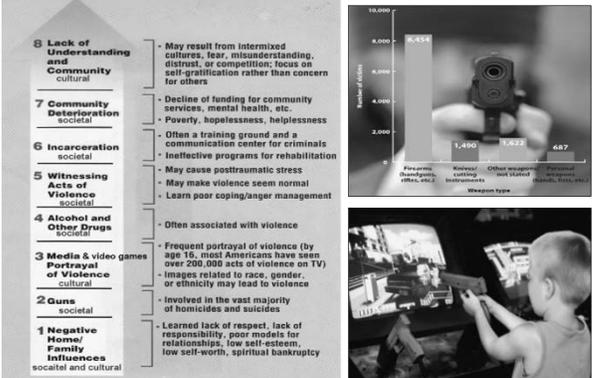


Oct 17 Rt. 91 shooting in Las Vegas, 50 murdered

societal causes of violence  
*13<sup>th</sup> edition, pp. 121-123; 12<sup>th</sup> edition, pp. 112-113*

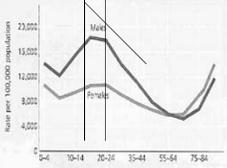
- × **poverty & unemployment:** low social economic status and stress from lack of funds-resources
- × **parental influence:** environments of shouting, abuse, physical violence create those who act out similarly as adults
- × **cultural beliefs:** objectification of women
- × **discrimination/oppression:** hate crimes, bias
- × **religious beliefs and differences:** strong beliefs foster persecution, violence
- × **media:** TV, video games, movies, music violence bombard us
- × **substance abuse:** use of alcohol or other substances are often are catalysts for violence
- × **breakdown of the criminal justice system:** early release and/or lack of rehabilitation. In 2012 834 felons were released early into Stanislaus County, with a corresponding increase in crimes of all types. Yet, incarceration spending has increases 3 times faster than education...US has highest incarceration rate in world: US has 5% of population; 21% of world's inmates.

correlations of violence  
*13<sup>th</sup> edition, pp. 123-125; 12<sup>th</sup> edition, pp. 112-113 (not table)*



other types of violent crime  
*13<sup>th</sup> edition, pp. 123-126; 12<sup>th</sup> edition, pp. 114-118*

- × **bias and hate crimes:** as our society becomes more diverse often hate groups act out on stereotypes
- × **gang violence:** those looking for an identity: 50% of all violent crime, and 90% of other crimes such as smuggling, human trafficking, drug trafficking
- × **campus violence:** acts from towns seep onto campuses, though 79 % of crime against college students occur off campus
- × **terrorism:** used by those wanting to coerce a government or group of people. In the US: 9-11 is the biggest example to date
- × **road rage:** one of largest contributors to vehicular death.



college age adults are the most prevalent victims

domestic / intimate partner violence  
*13<sup>th</sup> edition, 126-127; 12<sup>th</sup> edition, pp. 117-118*

**can take many forms: verbal, emotional, as well as physical**

**6 in 10 women will be assaulted in their lifetimes = 60% of women:**

- × every 15 second someone batters a women
- × only 1 in 250 cases are reported
- × five women are killed each day in domestic violence
- × 3 of every 4 women are killed by their husbands
- × domestic violence is the single greatest cause of injury to women
- × 25-45% of women are battered during pregnancy.

### Cycle of Intimate Partner Violence

13<sup>th</sup> edition, pp. 127; 12<sup>th</sup> edition, pp. 117-118

#### why don't abused leave an abusive environment?

- × **fear, financial dependence, cultural beliefs, emotional dependence, children are involved, co-dependent personalities, denial**

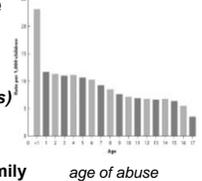
#### be aware of the 'cycle of violence':

- × **tension building: minor battery occurs**
- × **acute battery: abused can no longer predict or control the abuse**
- × **remorse /reconciliation: honeymoon period when the batter is remorseful and may be kind and apologetic.**

### child abuse and neglect

13<sup>th</sup> edition, pp. 127-128; 12<sup>th</sup> edition, pp. 118-119

- × **effects are devastating and last entire lives**  
99% of inmates at San Quentin were either abused or raised in abusive households
- × **physical, sexual, physiological or combinations of any of these types of abuse**
- × **child abuse most often occurs when:**
  - × child lives without one biological parent
  - × when the mother is unavailable (*work/illness*)
  - × adult relationships are violent
  - × child has poor relationship with adults
  - × child lives with a step father or extended family
  - × child-to-child abuse has grown by 300% recently
  - × 90% of abuse is initiated by individuals whom they know and trust, ie: *peers, teachers, coaches, care givers, community leaders.*



### child abuse and neglect, *can't*

*not in texts-handout on class website*

- × **Enormous problem:**
  - × 1 in 5 (20%) individuals, 1 in 3 (33%) women, 1 in 5 (20%) of men are victimized...and the problem is growing
  - × 66% of victims will not report abuse before adulthood
  - × 90% of predators avoid criminal justice system, and some begin victimizing others as early teens.
- × **How to reduce risk:**
  - × Appropriate adult supervision and create culture of communication
  - × Watch for grooming of adults and victims
  - × Be cautious of situations in bathroom/shower-changing areas
  - × Be cautious of sleep overs, or group/team overnights
  - × Avoid special privileges and secrecy
  - × Teach children appropriate boundaries and it's OK to say no
- × **What to do:**
  - × Required to report if there is a suspicion...does not need to be confirmed
  - × Listen to children. The main reason children do not report abuse is the are afraid the will not be believed and fear

### sexual assault and rape

13<sup>th</sup> edition, pp. 128-130; 12<sup>th</sup> edition, pp. 118-121

- × **sexual assault is any act without a person's consent...rape is the most extreme form**
- × **rape is thought to be the most underreported violent crime in the U.S.**
- × **some sobering statistics:**
  - × over 20% of college women have endured some form of sexual assault
  - × more than 18% had been victims of rape or attempted rape, 80% before the age of 25
  - × 80% of the victims knew their assailant... date or acquaintance rape
  - × 57% occurred on dates between ages of 15-24
  - × 73% of the assailants, and 55% of the victims had used alcohol or drugs prior to incident.



A lot of campus rapes start here.

### social contributors to sexual assault

13<sup>th</sup> edition, pp. 130-131; 12<sup>th</sup> edition, p. 121

- × **minimalization: failure to realize how pervasive sexual victimization is in our society**
- × **trivialization: viewed as a non-violent crime**
- × **blaming the victim: rationale that the women provoked the attack**
- × **pressure to be macho & male socialization: perceived per pressure & 'boys will be boys' attitude**
- × **male sexual history and hostility: family and cultural upbringing**
- × **male misperceptions: sometimes men read wrong signals on a women's intent**
- × **situational factors: date environments with prevalence of alcohol and/or drugs**

### ways to avoid sexual assaults

13<sup>th</sup> edition, pp. 130; 12<sup>th</sup> edition, pp 112-123

- × take control of the situation...listen to your feelings, trust your intuition
- × maintain eye contact, remain alert, be confident
- × don't fall for the 'guilt trip'
- × be assertive for a well lit and safe environments: campus, neighbourhood, work places
- × let friends or family know where you are going
- × stay close to others
- × keep your whits, and don't become intoxicated
- × at any sign of trouble get out of the situation
- × don't be afraid to make a scene  
*(great chart in 13<sup>th</sup> edition, p. 130; 12<sup>th</sup> edition, p. 123)*



## sexual harassment

13<sup>th</sup> edition, pp. 131-132; 12<sup>th</sup> edition, pp. 121-122

**defined as unwelcome sexual conduct. Unwelcome advances, requests for sexual favors and other verbal, or physical contact or a sexual nature**

**what to do if you are confronted by sexual harassment:**

- \* tell the harasser to stop
- \* document the harassment
- \* try not be alone in the harasser's presence
- \* complain to the owner or management
- \* remember that you have not done anything wrong
- \* better educate your work place regarding what is acceptable or not acceptable

*Nearly 80% of college students who have experienced sexual harassment report being harassed by a student, former student.*

## staying safe

13<sup>th</sup> edition, pp. 134-137; 12<sup>th</sup> edition, pp. 124-126

**Vehicle safety:** 34,080 traffic fatalities in the US in 2012

- \* **impaired driving**-under the influence of alcohol or drugs
- \* **distracted driving**- 32% of all motor vehicle accidents!
  - \* Visual - taking your eyes off the road
  - \* Manual - taking your hands off the wheel
  - \* Cognitive- taking your mind off the road (cell phone use, texting, video viewing)
- \* **lock your car, don't stop for strangers**
- \* **watch where you park, especially if you close at night**
- \* **carry your keys in your hand when walking to your car**

**Out-and-about:**

- \* **carry your cell phone, but be aware of your surroundings**
- \* **vary your routes when walking or exercising, and buddy up**
- \* **if you're being followed go to a public place, not home**
- \* **tell others where you're going, and when you'll be back**

**In your home:**

- \* **Research your neighbourhood**
- \* **Try to avoid first floor accommodations**
- \* **Lock all doors, even during the day**
- \* **Install deadbolts and security systems, and keep your phone near at night programed with a single dial 911.**



## risk management driving

12<sup>th</sup> edition, pp. 125-126; 11<sup>th</sup> edition, pp. 128

- \* Don't use electronic devices while driving! If you get a call or text, pull over or have or have a passenger answer it
- \* Don't drink and drive...have a back-up plan
- \* Pay attention to recreational drugs, prescription and OTC medications and their effects
- \* Don't drive when tired...take breaks
- \* Never tailgate or use your vehicle as a weapon
- \* Drive with your low beams on, even during the day
- \* Drive defensively and obey traffic laws.



## protecting against fraud and identity theft

13<sup>th</sup> edition, pp. 134-136; 12<sup>th</sup> edition, pp. 32-34; also refer to handout

- \* **identity theft has become the fastest growing crime in the past ten years**
- \* **identity theft can ruin your finances for up to seven years, and cost countless hours clearing your records!**

**ideas to protect your identity:**

- \* **never throw out statements...use a cross-cut shredder**
- \* **be careful of your belongings**
- \* **if you ever misplace documents, immediately call to place holds or cancel cards or accounts**
- \* **sparingly provide account or I.D. numbers...just use last four digits on most documents**
- \* **don't carry your Soc. Sec. card or cheque book in your wallet or bag**
- \* **be careful when providing credit card info over the phone or internet/WWW...don't fall for 'phishing' or internet fraud**
- \* **keep a photo copy of your cards, documents (both sides) in a safe place for quick action if you have your belongings stolen.**