

Chapter Four: Preventing Violence and Injury

12th edition: pp. 110-129

11th edition: pp. 110-133

we live in a violent society!

12th edition, pp. 111-112; 11th edition, pp. 114

- × the U.S. is one of the most violent places on the planet...only Syria, Iraq, Afghanistan and Mexico in 2015 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

Stanislaus County snapshot 2012:
 20% increase in burglaries
 30% increase in aggravated assault
 40% increase in auto theft
 Out of 100 communities in US,
 Modesto is ranked 92nd nationally
 in safety

societal causes of violence

12th edition, pp. 112-113; 11th edition, pp. 111-114

- × 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; 20% of world's inmates.

correlations of violence

12th edition, pp. 112-113; 11th edition, pp. 111-115 (not table)

The infographic lists eight categories of correlations:

- 8 Lack of Understanding and Community Cultural**: May result from intermixed cultures, fear, misunderstanding, distrust, or competition; focus on self-gratification rather than concern for others.
- 7 Community Deterioration Social**: Decline of funding for community services, mental health, etc.; Poverty, hopelessness, helplessness; Often a training ground and a communication center for criminals; Ineffective programs for rehabilitation.
- 6 Incarceration Social**: May cause posttraumatic stress; May make violence seem normal; Learn poor coping/anger management.
- 5 Witnessing Acts of Violence Social**: Often associated with violence.
- 4 Alcohol and Other Drugs Social**: Frequent portrayal of violence (by age 18, most Americans have seen over 200,000 acts of violence on TV); Images related to race, gender, or ethnicity may lead to violence.
- 3 Media & video games Portrayal of Violence Cultural**: Involved in the vast majority of homicides and suicides.
- 2 Guns societal**: Learned lack of respect, lack of responsibility, poor models for relationships, low self-esteem, low self-worth, spiritual bankruptcy.
- 1 Negative Home/Family Influences societal and cultural**

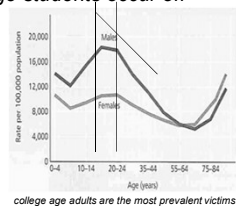
Bar chart showing Weapons Type: Firearms (handguns, rifles, etc.) 1,490; Knives, cutting instruments 1,032; Other weapons (clubs, pipes, etc.) 687.

Image of a child playing video games.

other types of violent crime

12th edition, pp. 114-118; 11th edition, pp. 114-115

- × 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.



domestic / intimate partner violence

12th edition, pp. 117-118; 11th 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

12th edition, pp. 117-118; 11th edition, pp. 118-119

why don't abused leave an abusive environment?

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

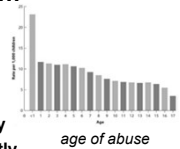
be aware of the 'cycle of violence':

- × 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

12th edition, pp. 118-119; 11th edition, pp. 118-119

- × effects are devastating and last entire lives
 99% of inmates are 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, con'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

12th edition, pp. 118-121; 11th edition, pp. 119-125

- × 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
 - × 78% of the victims knew their assailant
 - × 57% occurred on dates between ages of 15-24
 - × men are most likely to commit a sexual assault during their senior year in H.S. or first year in college
 - × 73% of the assailants, and 55% of the victims had used alcohol or drugs prior to incident.



social contributors to sexual assault

12th edition, p. 121; 11th edition, p. 122

- × 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
 (review chart in 12th and 11th edition on page 120)

ways to avoid sexual assaults

12th edition, pp 112-123; 11th edition, pp 124-125

- × 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 12th edition, p. 123)



sexual harassment

12th edition, pp. 121-122; 11th edition, pp. 121-122

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

12th edition, pp. 124-126; 11th edition, pp. 126-128

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

12th edition, pp. 125-126; 11th 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 prescription and OTC medications and 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

Special section in 11+12th 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.**