

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)

- 8 Lack of Understanding and Community**
cultural
- 7 Community Deterioration**
social
- 6 Incarceration**
social
- 5 Witnessing Acts of Violence**
social
- 4 Alcohol and Other Drugs**
social
- 3 Media & video games Portrayal of Violence**
cultural
- 2 Guns**
social
- 1 Negative Home/Family Influences**
social and cultural

- May result from intermixed cultures, fear, misunderstanding, distrust, or competition; focus on self-gratification rather than concern for others
- 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
- May cause posttraumatic stress
- May make violence seem normal
- Learn poor coping/anger management
- Often associated with violence
- Frequent portrayal of violence (by age 16, most Americans have seen over 200,000 acts of violence on TV)
- Images related to race, gender, or ethnicity may lead to violence
- Involved in the vast majority of homicides and suicides
- Learned lack of respect, lack of responsibility, poor models for relationships, low self-esteem, low self-worth, spiritual bankruptcy

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*

college age adults are the most prevalent victims

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**

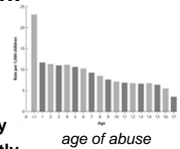
be aware of the 'cycle of violence':

- × **tension building: minor battery occurs**
- × **acute battery: abused can no longer predicts 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 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

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**