

6/25/14

How do we prevent violence?

Always think about not offending someone by accident. Oh, I didn't mean to. I was just joking. How often have you heard that? Sometimes when someone says -- what someone says is taken the wrong way, they really, really didn't mean to say that particular word or pronounced something wrong, or the listener may have heard something wrong. Things like that happen. But if someone is using the phrase "oh, I was just joking" or "I was just kidding around," there could be intent. Remember this. It's not about intent; it's about impact.

Often we need to think about conflict resolution to help prevent some of the violence. Some conflict resolution skills could include remain calm. Try to control your emotions. Pay attention to the feelings being expressed by other people around you. Be aware of people's differences and be respectful of those differences.

Very importantly, if you see something, say something. There is a strong correlation between children who witness violence and later involvement in violence and/or crime. Some estimates report as many as 87% of adult perpetrators of violent crime witnessed violence in the home as children.

6/25/14

What can you do to help? If you need to help yourself, if you are the one being victimized, tell the other person to stop. Seek help from a friend, a teacher, or a trusted adult, or a work supervisor. Surround yourself with friends who will tell the person to stop. Seek out an organization that helps victims. If you see someone being victimized, don't laugh, don't encourage it. Stay there and say something to the bully or the abuser that may stop them. Assign yourself as a buddy to the person that's being bullied or victimized. Tell a teacher, a trusted adult, or a work supervisor.

What's your takeaway here? Recognize the signs of violence from all of the segments of this presentation, and if you see something, say something.

Do we have any questions from the audience? If you do and you don't want to post them publicly, please email them to syep2014@illinoisworknet.com.

Thank you very much for your time, and we appreciate your participation in today's webinar. Thank you to our captioner, Heather, Chelsea Jones and Lacey Pollock, and Tammy Stone for being part of this presentation.

I am Dee Reinhardt, and this is with Illinois workNet Summer

Violence Prevention Webinar Series Part 6: How to Prevent
Violence

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