

# 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 the community.

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## Moral judgements will not solve violence.

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



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## More punishment will not solve violence.

Science has shown that 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. Violence is a contagious behavior, and stopping it requires more than a job.



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## Violence is just a behavior.

Violence is a type of behavior—like smoking, eating, drinking, and exercise behaviors. Understanding violence as a behavior is essential to changing 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 catch a cold. People who have been chronically exposed to violence can be 30 times more likely to commit serious violence.

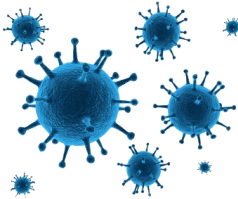
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## Violence causes even more violence

Acts of violence have a multiplying effect. A shooting can lead to retaliation and that retaliation can lead to more escalation.



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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. Someone exposed to community violence is more likely to be violent at home.

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## Violence can be stopped using a health approach.

The Cure Violence health approach reduces violence by 40-70%. Bull City United workers teach people to control their reactions to conflict: cool down, walk away, or call someone for help.



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PUBLIC HEALTH

## How Bull City United Can Help

- Bull City United violence interrupters respond to conflicts and shootings to prevent retaliation and work to mediate conflicts so they don't become violent.
- Bull City United outreach workers connect violence involved individuals to services, educational opportunities, and employment
- Bull City United personnel promote peace as a lifestyle at all times to change community acceptance of violence.