

LESSON 5

Staying Violence Free

You will learn . . .

- to identify some signs of violence.
- ways to express anger and resolve conflict without violence.
- where victims of violence and abuse can get help.

Vocabulary

- **weapon**, 183
- **discrimination**, 183
- **law**, 186
- **justice**, 186

You may have seen fighting in your community.

You may have seen images of war on TV.

Unfortunately violence occurs in the world. You can learn to avoid violence. You can get help if violence happens.



The Many Faces of Violence

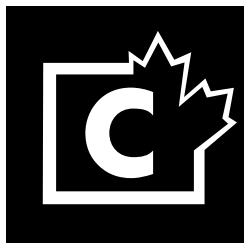
There are many types of violence. Suppose someone at school threatens to beat you up. This is a kind of violence called bullying. A person might use a gun to threaten another person. A gun is an example of a weapon. A **weapon** is a device used for violence.

Not all violence is physical violence. Calling someone names is a kind of violence. Discrimination can also be a kind of violence. **Discrimination** is treating some people in a way different from how you treat others. Putting down people who have a different race or religion is a kind of discrimination.

If someone touches your private body parts, that is abuse. *Abuse* is another kind of violence. If someone you trust hits you, says mean things, or doesn't take care of you, that is abuse, too.



What is discrimination?



- ▲ Programs labeled C are created for young children. The C8 means that the program is acceptable for children 8 years and older. G means that the program is for everyone. PG means that parents should think carefully before letting children watch.



Violence on TV

List your favourite TV programs. Find out what rating each one has. TV ratings tell whether the program is appropriate for children, teens, adults, or everyone. They are included in the TV listings. The ratings are also shown at the beginning of the TV program and are based on the content of the program. Make a chart showing the ratings of your favourite programs.

Dealing with Violence

What if someone wrongly accuses your friend of stealing something? Your friend might become so angry that he or she wants to fight. Your friend's anger is normal. It's okay to be angry. Everyone feels angry sometimes. But anger can lead to violence. What behaviours could help your friend avoid violence?

Manage Anger

Anger management can help you avoid violence. Take time to cool down before you do anything. Think about what you can do to fix the situation that caused anger. What choices do you have? Talk to a parent or guardian to help you decide how to handle your anger. Don't choose violence.

▼ How can you use communication skills to help avoid fighting?



Make Wise Choices

You can reduce your risk of violence in other ways, too. Show respect to others. Don't put other people down. This will help you avoid conflicts. If there is a conflict, talk about it instead of fighting. The tips on the next page can help you resolve conflicts.

Choose friends who don't use violence. If your friends choose violence, you may be more likely to be caught in the middle. Don't hang around when people are violent. Get away from the situation. Your safety comes first.

Use Communication Skills

With a partner, role-play how to handle a bully. One of you should play the person being bullied. The other should play a teacher or other responsible adult.

- 1 **Choose the best way to communicate.** Sometimes it is not safe to talk to a bully. In these cases, it is better to talk to an adult who can help.
- 2 **Send a clear message. Be polite.** The person being bullied should use I-messages to describe how the bullying makes him or her feel.
- 3 **Listen to each other.** The teacher should use active listening skills. The person being bullied should listen if the teacher responds.
- 4 **Make sure you understand each other.** Did the teacher “get the message”? See if you can work together to find a solution. Then switch roles and try again.



Someone who carries a weapon increases his or her risk for violence. Even if he or she doesn't use it, someone else might take it and use it. It's safer not to carry a weapon at all.

Be careful around strangers, too. Don't get in a car with someone you don't know. If you use the Internet, don't give anyone your name, address, telephone number, age, or photo. Tell a responsible adult if someone tries to find out your age or where you live.

Use Conflict Resolution Skills

When there is a conflict, use these tips to help resolve it.

- **Calmly discuss** what happened.
- **Be honest** about what you have said or done.
- **Use I-messages** to express your feelings. Say “I'm angry” instead of “You're wrong.”
- **Listen to the feelings** of the other person.
- **Discuss** possible solutions. Agree on a solution.
- **Keep your word** and follow the solution.
- **Ask a responsible adult** for help if you cannot agree.



How can you express anger to another person without violence?

Help for Victims of Violence



Social Studies

LINK

Advocate for Victims

Find out who in your community provides services for victims of violence. With a partner, interview a counsellor who works with these people. Record the interview and present it to your class.

A *victim* of violence is a person who has been harmed. It can be painful and scary to be a victim. Victims often have both short-term and long-term effects from the violence. What can they do to get help?

The victim can call for emergency help right away. Police and medical workers will respond. The police will ask the victim what happened and who caused the violence. Emergency medical workers will treat any injuries.

Many violent acts are against the law. A **law** is a rule that people in a community, province, or nation are required to follow. If someone breaks a law, his or her victim can get justice. **Justice** is fairness for all people. Police, detectives, and judges work to help victims get justice.

Recovering from Violence

Some effects of violence last a long time. The victim may feel afraid, depressed, or ashamed. This is normal, but a victim doesn't have to blame himself or herself. He or she can get help.

One important step toward recovery is for the victim to talk about his or her feelings. Many victims feel angry, ashamed, or sad. They can talk to a parent or guardian. They can also talk to friends, religious advisers, counsellors, or other responsible adults. If one person does not believe them or isn't interested, victims should find another person to talk to.



▲ Counsellors can help victims of violence talk about their feelings.

Victims need to get any physical injuries treated. Even if the injuries seem small, it's okay to ask for help. Some injuries can affect a person throughout his or her life. The victim may need regular medical care.

Victims are often harmed mentally, too. They may get angry and become violent with others. They may believe that they deserved to be hurt. If they believe this, they may not try to stop the violence. Nobody deserves to be hurt.

Victims may feel afraid. They may fear that the people who hurt them will hurt them again. They may think they were to blame. All these feelings can be painful and frightening. A counsellor can help victims deal with mental and emotional harm.

It's important for a person who has been a victim of violence to know that others care. Someone could listen if the person wants to talk, or invite him or her to do things. Knowing that there is someone who will listen and offer support can help the person recover.



▲ Talking to an adult can help a victim recover.



List two things that a victim can do to help himself or herself recover from violence.

LESSON REVIEW

Review Concepts

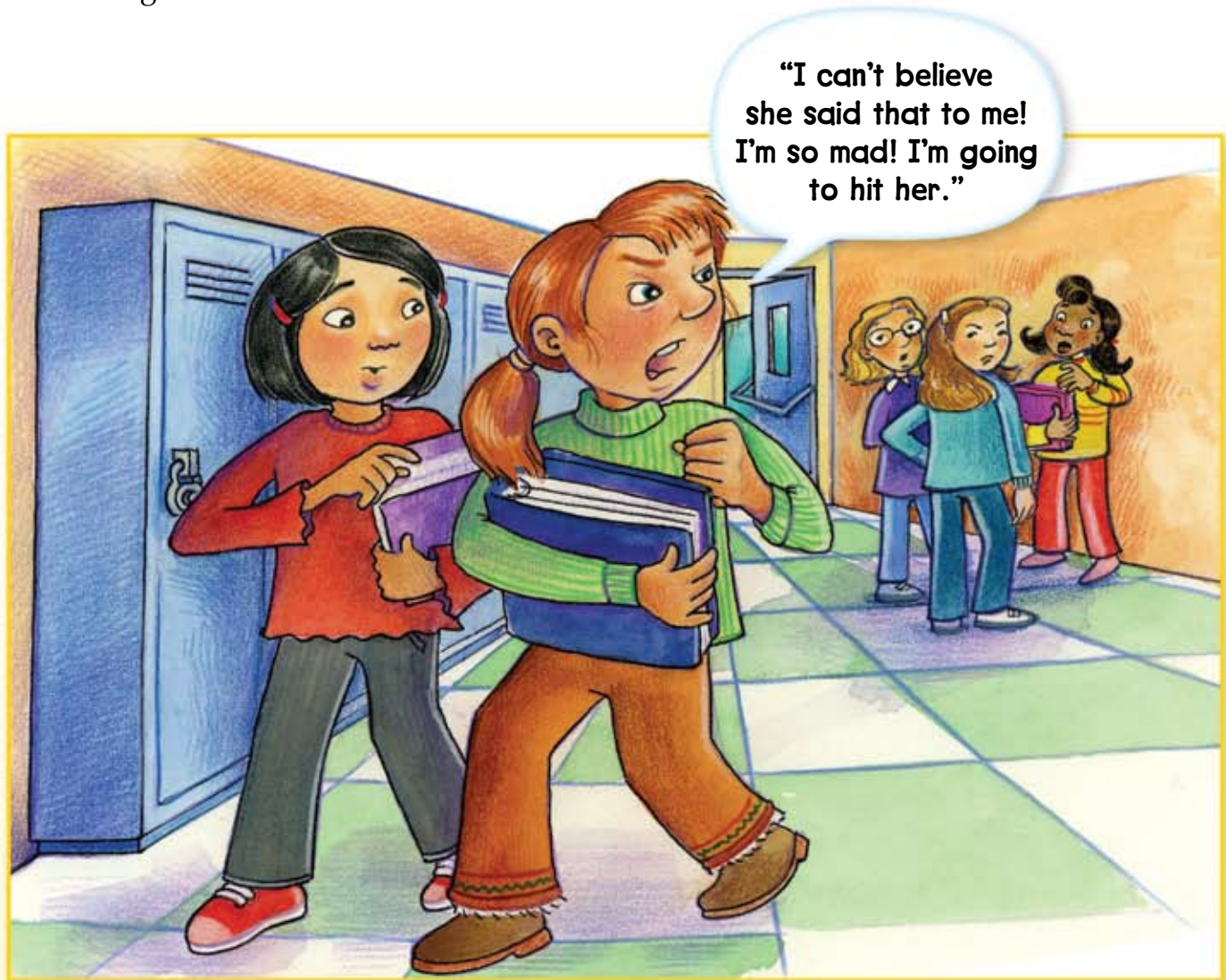
1. **List** three examples of violence in a community.
2. **Identify** three ways you can prevent violence or fighting.
3. **Describe** how a victim of violence can get help.

Critical Thinking

4. **Evaluate** Some people say that violence in the media changes how people behave. Do you agree? Explain your answer.
5. **Use Communication Skills** Suppose a student is angry about something that happened at school. How could he or she talk to his or her parents about this?

Resolve conflicts

Problem A classmate blamed Emma for breaking a window that she didn't break. Now Emma wants to fight the other girl. How can she avoid violence?



Solution Resolving conflicts can help reduce the risk of violence. You can use conflict resolution skills to settle a disagreement.

Learn This Life Skill

Follow these steps to help you resolve conflicts.

1 Stay calm.

Emma is very angry with her classmate. How can she stay calm? She can take deep breaths and cool off before she does anything. What else could she do to keep control of her anger?



2 Talk about the conflict.

Once Emma calms down, she can talk to her classmate about the conflict. She can use I-messages to explain how she feels. She might say, "I feel angry when you blame me for breaking the window when I didn't do it." How could she use active listening skills?



3 List possible ways to settle the conflict.

Emma and her classmate could apologize to each other. What are some other ways they might settle the conflict?



4 Agree on a way to settle the conflict. You may need to ask a responsible adult for help.

Use the *Guidelines for Making Responsible Decisions™* to evaluate the possible ways to settle the conflict. What would be the most responsible choice for Emma? When might she need to ask an adult for help?



Practise This Life Skill

Suppose that someone drops one of your books in a puddle of water on purpose. Work with a partner to role-play ways to resolve the conflict without violence. Use all four steps in your role-play.