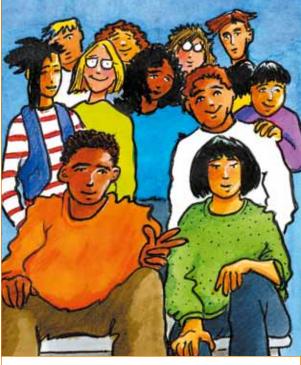
20 Things You Can Do to Prevent Violence in Your School and Neighborhood



What can you do to help stop violence? Everyone can do something to help stop violence! From looking at your actions, to getting involved in your school or neighborhood, you can make a difference. Look at these pages for ideas on what you can do.

Everyone can do something to stop violence. Here are 20 things you can do to help prevent violence in your school and neighborhood.

Preventing violence starts with respect.

- Treat everyone with respect (even if you don't like them). Encourage your friends to act respectfully too.
- Appreciate people's differences they are part of what makes the world interesting.
- 3. Respect property. Always ask before you borrow or alter another person's things.



- 4. Speak up if you see someone being teased or made fun of. Say, "Hey, that's not OK. I think you should stop."
- If the person doesn't stop (or if you don't feel safe speaking up), get help from an adult.
- If you see someone being physically threatened or hurt, get help from an adult right away.
- 7. Acts of violence should never be kept secret. It's not tattling if it involves safety.



HELP:

Keep yourself safe.

- 8. If you feel unsafe, tell someone. Ask a friend, family member, teacher, counselor, coach or another adult to help you stay safe.
- Walk away from threatening conversations or situations.
- 10. If you see someone with a knife, gun or another weapon, walk or run away.
 Tell an adult right away.
- 11. Hang out with other people who are committed to stopping violence.

Handle conflicts peacefully.

- 12. Try to think of peaceful solutions to problems.
- If you feel too angry to deal with a problem peacefully, walk away.
- 14. Ask for help if you can't solve a problem on your own. You can ask for help from a peer mediator, a teacher, a parent or another adult.
- 15. Take responsibility for your actions. If you hurt or offend someone (even if you didn't mean to), tell him or her you are sorry.
- 16. Avoid alcohol and other drugs. They make it harder to respond to problems peacefully.

What is violence?

Violence is when an individual or group does something to purposely hurt another person. Violence can take many forms.

- Physical violence includes fights and attacks. Sometimes people use knives, chains or other weapons.
- Verbal violence includes name-calling, put-downs, teasing or threats. This type of violence may not seem as serious, but it can be very hurtful and often leads to physical violence.

Get involved in keeping your community violence-free.

violence

- 17. Join a school or community group that practices alternatives to violence.
- 18. Write a letter to a TV station or movie studio. Tell them you don't like all the violence on TV and in the movies.
- 19. Become a peer mediator. If you don't have a peer mediation program at your school, ask a teacher how you (() can start one.
- 20. You can make a difference! Pledge never to be a part of violence.

Remember, everyone deserves to be safe.

If you are being teased, bullied or hurt by anyone (other kids, an older kid, an adult), tell someone you trust right away.

 Talk to a family member, teacher or the principal at your school. Tell them you need help.



This pamphlet is not a substitute for professional medical care. If you have questions or concerns, please talk with a health care provider.