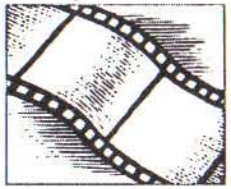
SHOWING YOUTH HOW TO SETTLE CONFLICTS WITHOUT VIOLENCE . . .



Conflict is often a necessary and useful part of life that brings about change and growth. How individuals respond to conflict, violently or nonviolently, is a choice. Teach youth the following tactics as alternatives to resolving conflicts violently:

- Identify the conflict.
- Keep an open mind by listening to the other person's side.
- Be honest and tell the other person how you feel.
- Take time to hear what the other person is really trying to say.
- Brainstorm together on possible ways to resolve the problem.
- Be open to compromise.
- If you are still feeling frustrated, postpone making a final decision. Give yourself time to calm down.
- Ask someone else to listen to both sides to help work out an agreeable, nonviolent solution.

Violence Is A Learned Behavior . . . It Can Be Unlearned.

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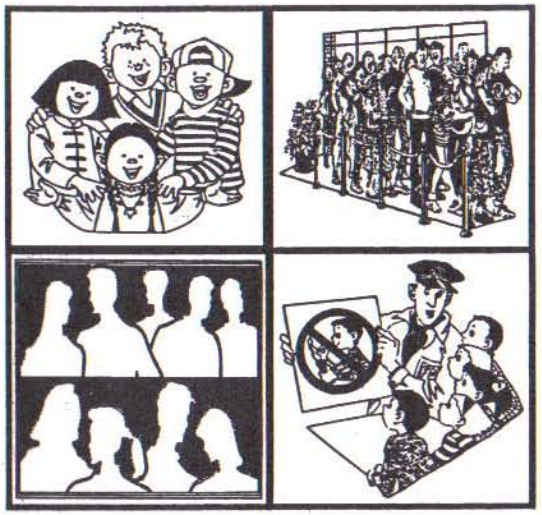
Help me, McGruff
TAKE A BITE OUT OF CRIME

Youth and Violence Prevention



KENTUCKY CRIME CHECK

TEN WAYS YOUTH CAN HELP PREVENT VIOLENCE:

⑩ Settle arguments with words, not weapons.

⑨ Don't stand around and watch fights or arguments.

⑧ Find safe routes to walk in your neighborhood, and know places you can go to for help.

⑦ Report suspicious activities to the police or a trusted adult.

⑥ Don't open the door to a stranger or someone you don't trust.

⑤ Hang out with friends who are also against violence

④ Help younger kids learn how to avoid becoming involved in violence by setting a good example for them to follow.

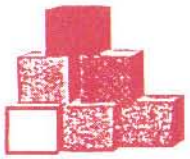
③ If you feel afraid or sense danger in a situation, get away immediately.

② If someone tries to abuse you, say no, get away and tell a trusted adult.

① Get involved in violence prevention activities, whether at school or in your neighborhood. Start a Youth Crime Watch!

**For further details on these violence prevention tips, contact your local law enforcement agency.*

BUILDING THE FOUNDATION . . .



- Start early, when children are very young, by setting a good example of how to settle conflicts without resorting to violence.

- Convey to kids that you do not believe in violence as a way to solve problems. Explain to them the difference between feeling angry or frustrated in a situation and actually acting violently on those feelings.

- Take advantage of teachable moments in everyday situations to teach violence prevention to youth. If there's a violent scene on TV, briefly talk about how the characters could have reacted differently.

- Try speaking with other adults who spend time with your child, like grandparents, neighbors or teachers, to make sure they know and reinforce your beliefs on violence and prevention.