

Module 5: Avoiding the Repair Shop: Risk Management

Topic 2 Content: Types of Violence

Bullying



BULLYING

- Harming another with words or actions on purpose to assert power over the victim
- Happens for many reasons:
 - Want to fit in with the popular crowd
 - See other people doing it
 - Think it will make them feel better or stronger than the other person
 - Prevents them from being bullied

STOP VIOLENCE

The graphic features a dark background with a large, stylized white and red circular logo. A red banner at the top contains the word 'BULLYING' in white. Below the banner is a list of reasons for bullying. To the right of the list is a photograph of a student sitting alone in a classroom, looking down at a yellow folder, while other students in the background cheer and wave their hands. At the bottom of the graphic, the words 'STOP VIOLENCE' are written in a large, distressed font, with 'STOP' in white and 'VIOLENCE' in red.

Bullying occurs when there is an imbalance of power. Bullying happens when someone harms another with words or actions on purpose to assert power over the victim. People bully for many reasons. They may bully because they want to fit in with the popular crowd or because they see other people doing it. Sometimes people think bullying will make them feel stronger or better than the other person, and sometimes people bully because it prevents them from being bullied.

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Direct and Indirect Bullying

The infographic is set against a dark background with a large, faint, red 'STOP VIOLENCE' stamp. It is divided into two main sections by red horizontal bars. The top section is titled 'DIRECT BULLYING' in white, bold, uppercase letters. Below this title, there are two bullet points in white text: '• Involves physical aggression' and '• Punching, hitting, pushing, pinching, kicking, etc.'. The bottom section is titled 'INDIRECT BULLYING' in white, bold, uppercase letters. Below this title, there are three bullet points in white text: '• Also known as social aggression', '• Isolates the victim', and '• Gossiping, laughing at someone, poking fun of someone's appearance or situation, etc.'. At the bottom of the infographic, the words 'STOP VIOLENCE' are written in a large, bold, red font, with 'STOP' in white and 'VIOLENCE' in red.

DIRECT BULLYING

- Involves physical aggression
- Punching, hitting, pushing, pinching, kicking, etc.

INDIRECT BULLYING

- Also known as social aggression
- Isolates the victim
- Gossiping, laughing at someone, poking fun of someone's appearance or situation, etc.

STOP VIOLENCE

There are two types of bullying: direct and indirect. Direct bullying involves physical aggression that can manifest in punching, hitting, pushing, pinching, kicking and other violent physical contact.

Indirect bullying is also known as social aggression, and is characterized by socially isolating the victim. Indirect bullying is more likely to be verbal and involves gossiping, laughing at someone, saying or doing something that triggers a negative reaction, and poking fun of someone because of their appearance or situation.

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Cyberbullying



The infographic features a dark background with a red banner at the top containing the word "CYBERBULLYING" in white, bold, uppercase letters. Below the banner is a list of seven bullet points describing cyberbullying. To the right of the list is a photograph of a young woman in a red sweater looking down at her smartphone with a sad expression, while two other young women in the background also look at their phones. At the bottom of the infographic, the words "STOP VIOLENCE" are written in large, stylized letters, with "STOP" in white and "VIOLENCE" in red.

CYBERBULLYING

- Enabled by the increasing use of technology
- Involves text messages, instant messages, social networks, chat rooms, emails, etc.
- Sending mean or vulgar messages and pictures
- Posting private information about people
- Pretending to be someone else to hurt or embarrass another person
- Spreading lies about a person using the Internet

STOP VIOLENCE

The most common place for teenage bullying to occur is at school; however, with the use of technology on the rise, bullying can now occur without having to be face-to-face. Bullying can now happen anywhere and at any time. Cyberbullying can involve text messages, instant messages, social networks, chat rooms, and e-mails. Some examples of cyberbullying are sending mean or vulgar messages and pictures, posting private information about another person, pretending to be someone you are not to embarrass or hurt someone else and using the Internet to spread lies about another person.

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The Effects of Bullying



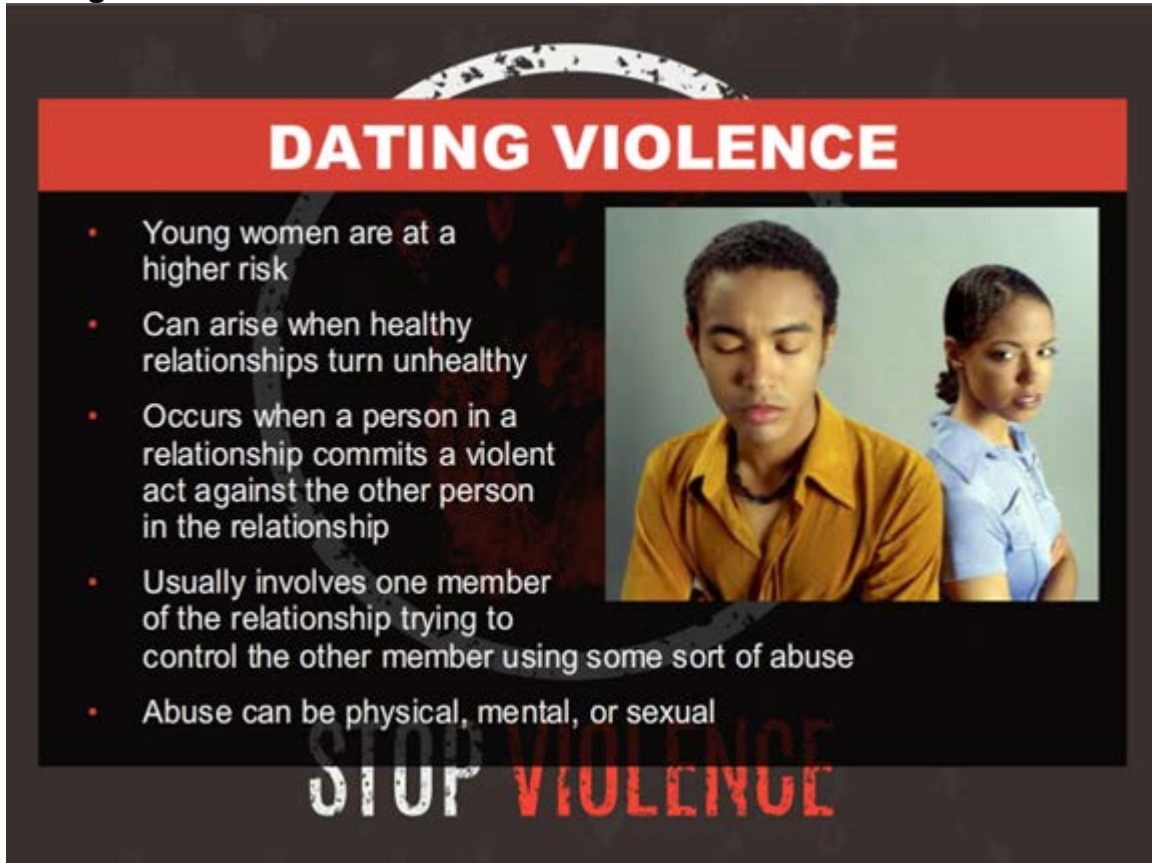
The effects of bullying vary greatly, but are serious. Some effects of bullying are:

- lower self-confidence;
- fear of going to school;
- decreased academic performance;
- anxiety around others; and
- depression and suicide.

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Dating Violence



DATING VIOLENCE

- Young women are at a higher risk
- Can arise when healthy relationships turn unhealthy
- Occurs when a person in a relationship commits a violent act against the other person in the relationship
- Usually involves one member of the relationship trying to control the other member using some sort of abuse
- Abuse can be physical, mental, or sexual

STOP VIOLENCE

The infographic features a red banner at the top with the title 'DATING VIOLENCE' in white. Below the banner is a list of six bullet points. To the right of the list is a photograph of a young man in a yellow shirt looking down and a young woman in a blue shirt looking towards the camera. At the bottom of the infographic, the words 'STOP VIOLENCE' are written in large, bold letters, with 'STOP' in white and 'VIOLENCE' in red.

Relationships and dating start to become more prevalent during your teenage years. Young women are at a higher risk for dating violence. When healthy relationships turn to unhealthy relationships violence can arise. Dating violence occurs when a person in a relationship commits a violent act against the other person in the relationship. Usually one member of the relationship tries to control the other member using some sort of abuse. This abuse can be physical, mental, or sexual in nature.

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Dating Violence and Teens



DATING VIOLENCE & TEENS

- Encountered by teens because of inexperience or pressure from peers
- Influenced by how teens view themselves and others
- Some young men believe they should control their partners and may lose respect if they are caring
- May attach masculinity with physical aggressiveness
- Young women may believe that abuse is normal
- May confuse their partner's possessiveness with romance and love
- Males can also fall victim to dating violence

The infographic features a red header with the title 'DATING VIOLENCE & TEENS' in white. Below the header is a list of seven bullet points on a dark background. To the right of the text is a photograph of a young man and a young woman. The man is looking down, and the woman is looking off to the side with a serious expression. The background of the photo is red.

Teenagers encounter dating violence because they typically are inexperienced with dating, have romanticized views of love, and are often pressured by peers to have dating relationships. Teen dating violence is greatly influenced by how teens view themselves and others. Some young men believe that they have the right to control their partners and may lose respect in their social group if they are caring towards them. Additionally, male teens may attach masculinity with physical aggressiveness. Young women may believe that abuse is normal because their friends or family are being abused too and feel responsible for solving problems. Female teens may also confuse their partner's possessiveness with romance and love. It is important to remember that males in a relationship can also fall victim to dating violence.

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Unhealthy Relationships



UNHEALTHY RELATIONSHIPS

- Important to recognize warning signs and understand you have choices in your relationships
- Warning signs of an unhealthy relationship include:
 - Excessive calling
 - Always wanting to know where you are and what you are doing
 - Extreme jealousy and anger
 - Trying to control what you do
 - Verbally abusive
 - Threatens physical violence
 - Uses force during arguments
 - Isolates you from family and friends

Identifying unhealthy relationships can be hard. As a teen, it is important to recognize warning signs and understand you have choices in your relationships. Warning signs of an unhealthy relationship include:

- excessive calling;
- always wanting to know where you are and what you are doing, in other words, keeping “tabs” on you;
- extreme jealousy and anger;
- trying to control what you do;
- verbally abusive;
- threatens physical violence;
- uses force during arguments; and
- isolates you from family and friends.

Everyone deserves respect in every relationship.

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Sexual Violence

SEXUAL VIOLENCE

- Can happen between strangers; however, the aggressor is more likely someone the victim knows
- Victims can be males or females
- Always inappropriate regardless of whether a victim knows the aggressor
- Drugs/alcohol may make victims unable to say “no” or physically stop the violence, or make aggressors unaware that the victim is saying “no”
- Clearly communicate the type of relationship you want
- If someone makes you feel uneasy, try to avoid him or her
- If you feel like you need help, make sure you speak up, and get help as soon as possible



Sometimes violence is sexual in nature. This type of unwanted assault can happen between strangers; however, the aggressor is more likely someone the victim knows. In fact, sexual assault can happen during a date, and victims can be males or females. Whether or not a victim knows the aggressor, sexual violence is always inappropriate. Moreover, at times victims or aggressors may have taken drugs or alcohol, and either are unable to say “no” to physically stop the violence, or are not aware that someone else is saying “no” because of an altered state of mind. Staying sober can help you remain aware of your surroundings.

When spending time with someone, clearly communicate about the type of relationship you want. If someone makes you feel uneasy, try to avoid him or her, especially if you are alone. Most importantly, if you feel like you need help, make sure you speak up, and get help as soon as possible. Talk to an adult, call a hotline, or tell someone.


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Self-Injury

SELF-INJURY

- Involves behaviors that intend to or inflict harm or injury to oneself
- Cutting, burning, or using some other method of inflicting harm or injury to one's own body
- A way that some people deal with trauma that has affected them deeply and emotionally
- Is often misperceived as suicidal intentions; generally people who self-injure do not want to die
- Not an attempt to get attention
- An attempt to cope with overwhelming issues, without the knowledge and resources to deal with them in a healthy way



Self-injury involves behaviors that intend to, or inflict harm or injury to oneself. You may know someone who has either cut, burned, or used some other method of inflicting harm or injury to his or her own body. That is self-injury.

Self-injury is a way that some people deal with trauma that has affected them deeply and emotionally. A misconception is that self-injury is meant as suicide, but this is untrue. Although people do die from self-injury, generally people who self-injure do not want to die. Someone who self-injures is not trying to get attention. They are trying to cope with overwhelming issues, but do not have the knowledge and resources to deal with these issues in a healthy way.

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Signs of Self-Injury



Signs of self-injury include:

- **Unexplained wounds.** The person may have fresh wounds or scars from cuts, bruises, or cigarette burns, usually on the wrists, arms, thighs or chest.
- **Indications of depression.** Low mood, tearfulness, lack of motivation, or loss of energy can be signs of depression, which may lead to self-injury.
- **Frequent “accidents.”** Someone who self-injures may claim to be clumsy or have many mishaps in order to explain away injuries.
- **Changes in eating habits.** This could mean being secretive about eating, or unusual weight loss or gain, as eating disorders are often associated with self-injury.
- **Covering up.** A person who self-injures may insist on wearing long sleeves or long pants, even in hot weather, to cover up wounds, scars, or evidence of an eating disorder.