

Understanding and Preventing Youth Violence, Dating Violence, and Youth Suicide

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The findings and conclusions of this presentation are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



U.S. Department of Health and Human Services

Centers for Disease Control and Prevention

Overview

- ❑ **Learn about different forms of violence and suicide.**
- ❑ **Differentiate healthy and unhealthy relationships and behaviors.**
- ❑ **What you can do as a peer or friend to help prevent violence and suicide.**

Myths and Facts Quiz

- Review each statement and contestants will buzz in (using their center name) to answer.
 - Questions are:
 - TRUE or FALSE
 - Multiple choice

Question #1: Youth Violence

- ❑ **Youth violence behaviors include:**
 - A) Hitting, assault with a weapon, and homicide
 - B) Verbal threat to harm
 - C) Bullying (in-person or online)
 - D) All of the above

What is Youth Violence?

❑ Various harmful behaviors

- Slapping, hitting, fist fighting, assault (with or without weapons)
- Bullying
- Verbal abuse, threats with weapons
- Gang-related violence
- Homicide

❑ Behavior occurs between individuals who are unrelated and who may or may not know each other, and typically occurs outside the home.

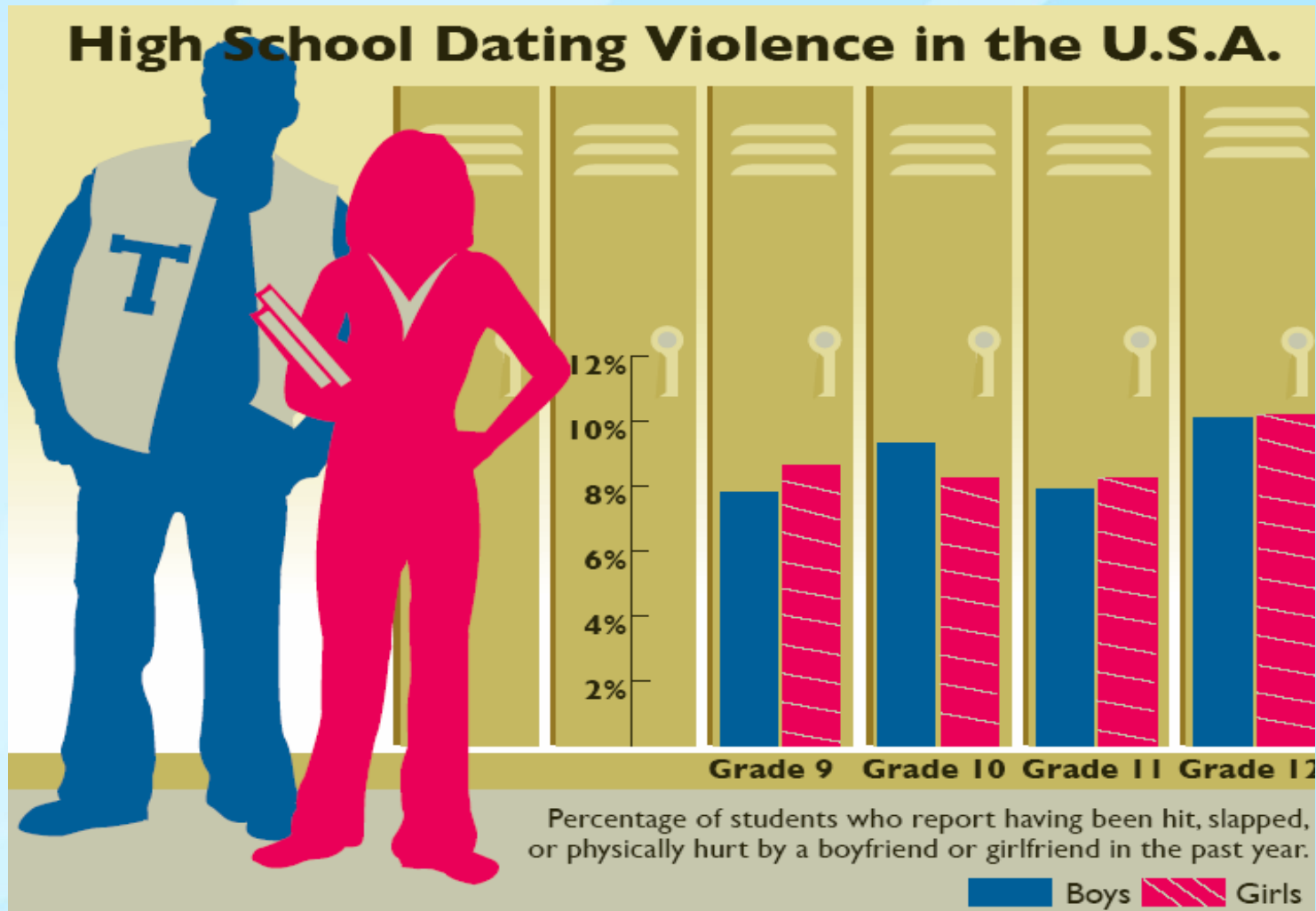
❑ Youth involvement includes

- Victim
- Perpetrator
- Bystander/witness

Question #2: Dating Violence

- How many high school aged students in the U.S. report being hit or slapped by a dating partner in the past year.
 - A) 2%
 - B) 5%
 - C) 10%
 - D) 30%

Approximately 10% of Students Report Physical Dating Violence

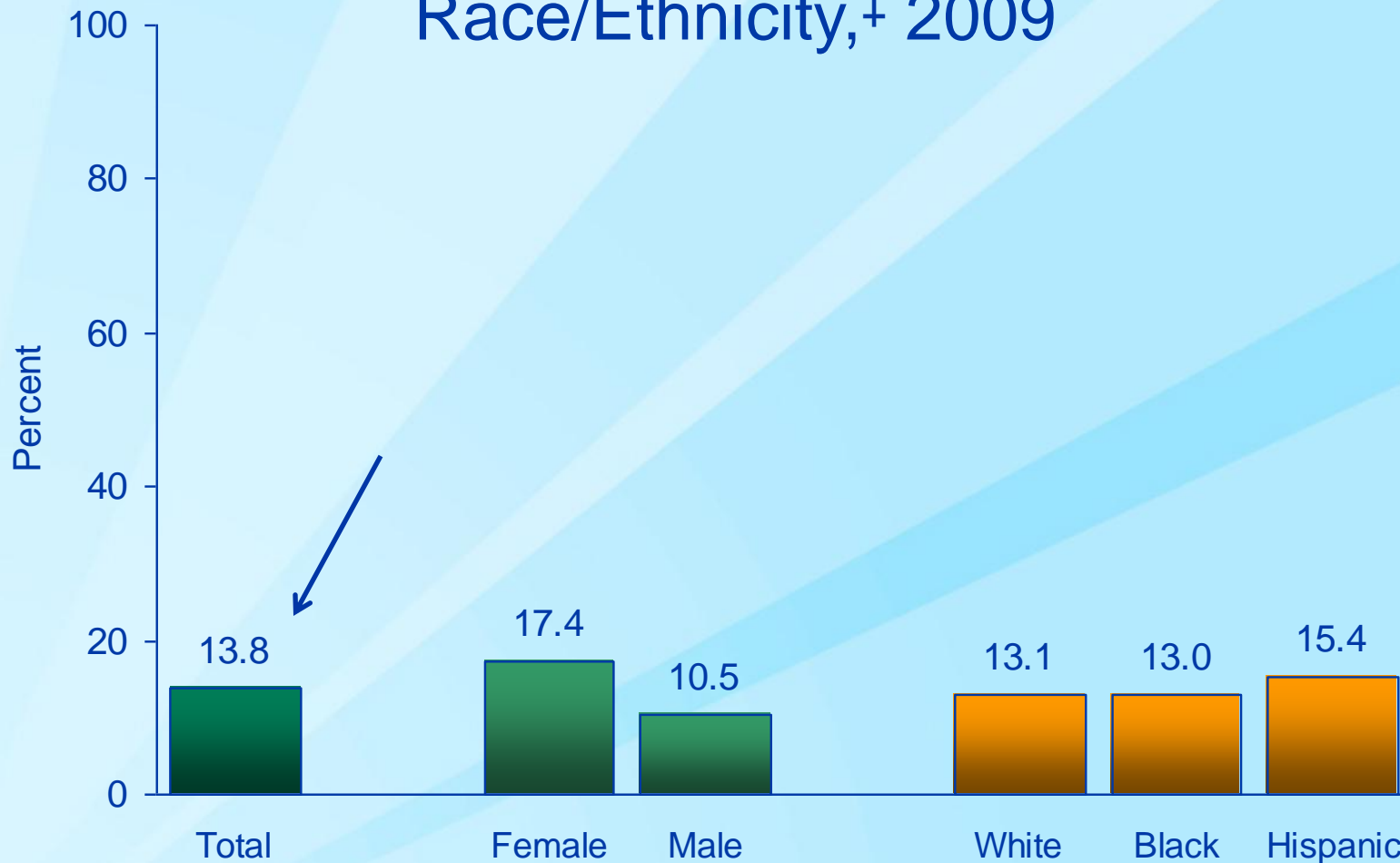


Question #3: Considered Suicide

- ❑ **Approximately 14% of 9th to 12th graders seriously considered suicide in the past 12 months.**

TRUE or FALSE

Percentage of 9th-12th Graders Who Seriously Considered Attempting Suicide,* by Sex[†] and Race/Ethnicity,[‡] 2009



* During the 12 months before the survey.

[†] F > M

[‡] H > W, B

Question #4: Dating Violence

- ❑ **Dating violence refers to:**
 - A) hitting, slapping, or punching a dating partner
 - B) putting down or insulting a dating partner
 - C) forcing a partner into sexual activity
 - D) All of the above

What is Teen Dating Violence?

- ❑ Emotional/Psychological violence
- ❑ Physical violence
- ❑ Sexual violence
- ❑ Stalking behaviors
- ❑ Dating
 - May or may not include sexual activity
 - Duration may range from short-term to long-term
 - Includes both same-sex and opposite-sex partners
- ❑ Violence may be perpetrated
 - Electronically or in person
 - By current or former dating partner



What is a suicide and a suicide attempt?

□ **Suicide attempt**

- Non-fatal, self-directed behavior *with* the intent to die

□ **Suicide**

- Death caused by self-directed behavior with the *intent* to die

Question #5: Suicide and Youth Violence

- ❑ Suicide and homicide are in the *top 5* leading causes of death among 10-24 year-olds?

TRUE or FALSE

Top 5 Leading Causes of Death, Ages 10-24, United States, 2009

Rank	10-14 years	15-19 years	20-24 years
1	Unintentional Injuries	Unintentional Injuries	Unintentional Injuries
2	Malignant Neoplasms	Homicide	Homicide
3	Suicide	Suicide	Suicide
4	Homicide	Malignant Neoplasms	Malignant Neoplasms
5	Congenital Malformations	Heart Disease	Heart Disease

National Prevalence Estimates of Youth Suicides and Suicide Attempts

- In 2009, among 10-24 year olds:
 - **4,630 suicides**
 - Approximately **13** each day
 - 3,766 males (81%)
 - 864 females (19%)

- In 2010, among youth ages 10-24:
 - **157,179** suicide attempts *or* self-harm injuries*
 - 58,571 males (37%)
 - 98,608 females (63%)

*Based only on emergency department reports

National Prevalence of Youth Violence Deaths and Injuries

- ❑ In 2009, among 10-24 year olds:
 - **5,048 homicides**—Average of **14** each day
- ❑ In 2010, among 10-24 year olds:
 - **738,024** assault-related injuries—**2,022** each day
- ❑ **80%** of homicides committed with a firearm
- ❑ **1%** of all homicides are associated with school
- ❑ **Violence through technology ranges from 9 to 34%**

Question #6: Dating Violence

- Boys experience hitting or slapping from their dating partner as frequently as girls.**

TRUE or FALSE

Percentage of High School Students Who Experienced Dating Violence,* by Sex and Race/Ethnicity,† 2009



* Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the 12 months before the survey.

Question #7: Suicide

- Feeling hopeless and abusing substances are warning signs for suicide.**

TRUE or FALSE

Warning Signs of Suicide

- I Ideation
- S Substance Abuse**
- P Purposelessness
- A Anxiety
- T Trapped
- H Hopelessness**
- W Withdrawal
- A Anger
- R Recklessness
- M Mood Changes

Question #8: Suicide

- Asking someone if they are considering suicide will make them do it?**

TRUE or FALSE

Question #8: Answer

FALSE

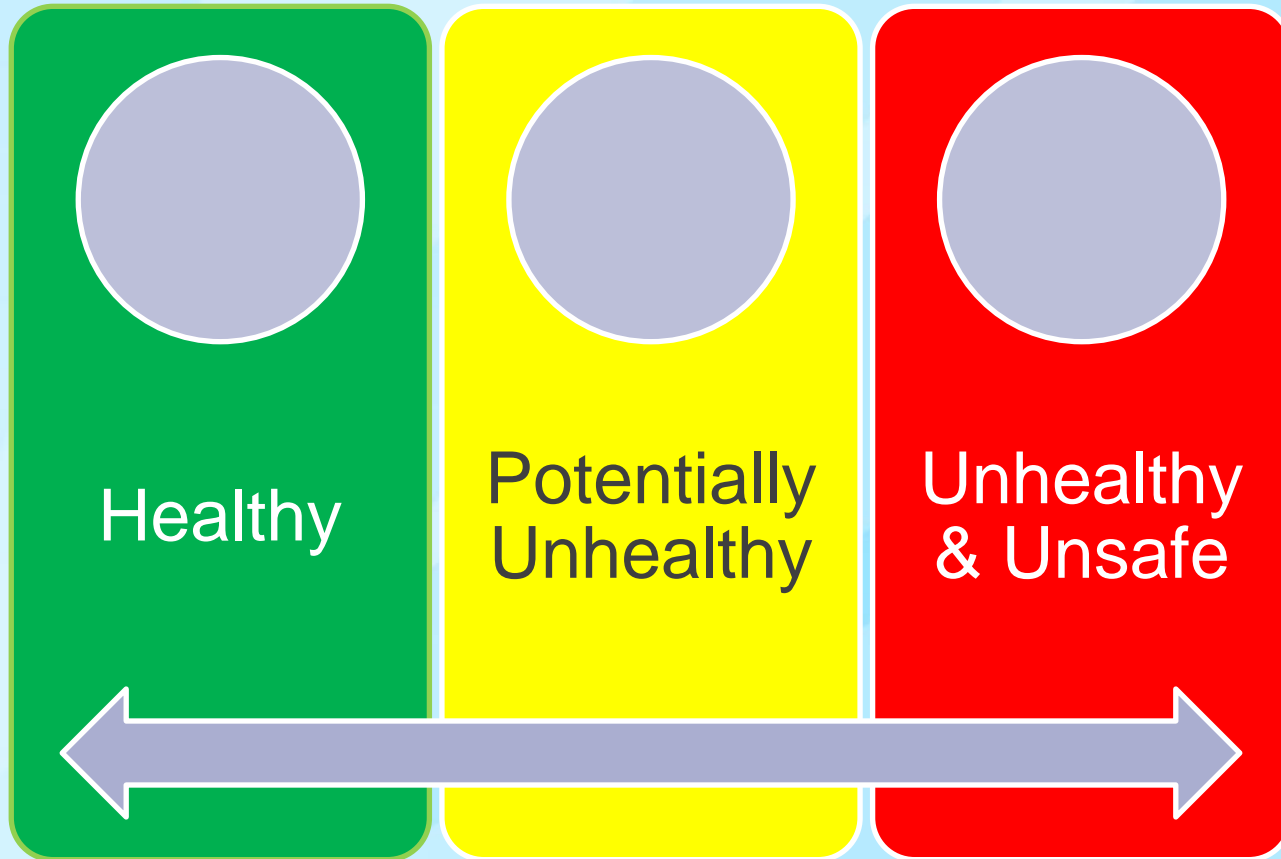
Talking about or asking someone if they are thinking about suicide does not lead a person to attempt suicide. It can save a life!

*If you or someone you know needs help,
talk to a trusted adult or call:*

1-800-273-TALK (8255)

HEALTHY RELATIONSHIPS & BEHAVIORS

Differentiating Healthy and Unhealthy Behaviors





UNHEALTHY



UNSAFE

UNHEALTHY

UNSAFE
Bullying
Stalking
Suicidal Behavior
Dating Violence

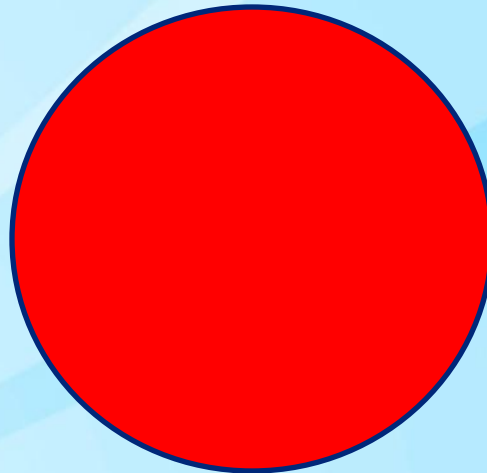
UNHEALTHY

Behavior #1

- Your friend has been acting differently lately. He starts skipping trade class, going off center to drink a lot, and has mentioned a couple of times that people would be better off without him.**

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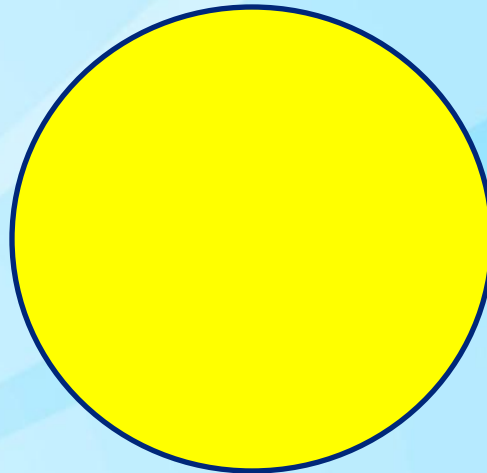


Behavior #2

- ❑ The person you have been dating posts embarrassing information about you on Facebook without your permission.**

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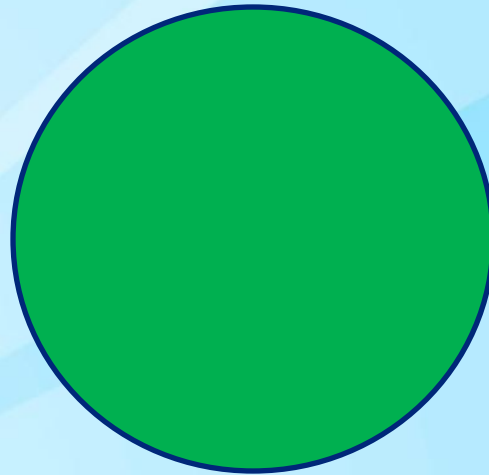


Behavior #3

- Your friend is devastated after her partner breaks up with her. She hasn't eaten or slept for days. You have expressed your concerns several times. Finally, she talks to you and decides to seek help from a counselor to deal with her feelings.**

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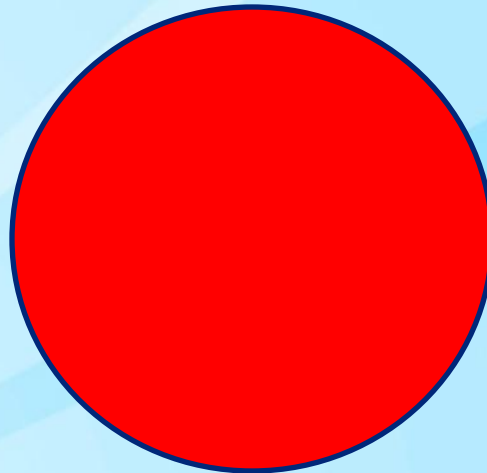


Behavior #4

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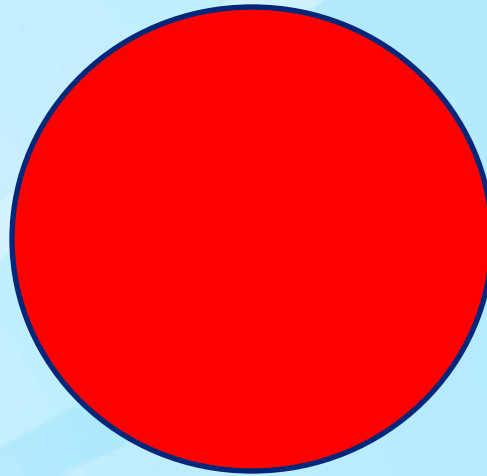


Behavior #5

- Your partner threatens to kill herself if you ever break up with her. She has said this before.**

Behavior #5

- ❑ **Your partner threatens to kill herself if you ever break up with her. She has said this before.**



Ways to Lower the Risk for Violence and Suicide

❑ What you can do:

- Form healthy relationships with family, peers (ones that don't get in trouble), and other positive adults
- Focus on improving academic achievement and job skills
- Get involved in other positive activities, such as sports or at your faith-based institution
- Seek help when you need it
- Develop good problem-solving and conflict resolution skills
- Do not use drugs or alcohol

❑ What you and others can do:

- Restrict access to lethal means

What Can I Do?

- ❑ We have talked about violence and suicide, but there are a lot of opportunities to prevent these things from occurring
- ❑ In fact, **ALL forms of violence, including suicide, are PREVENTABLE**
- ❑ **Everyone has a role in prevention**
 - Being a peer or friend means that you have an opportunity to help when you see someone in an unhealthy or unsafe situation

What Would You Do?

- <http://www.youtube.com/watch?v=srAR5LaDDj4>
- 6 minutes

Peers and Friends are Often Silent

- ❑ 1964 Kitty Genovese
- ❑ 2009 Richmond California

ABC News (10/28/2009):

“Four out of five suspects arrested in connection with the publicly witnessed, hours-long gang rape of a 15-year-old girl outside of her California high school's homecoming dance face charges that could send them to prison for life, police said.... **No one who was present during the assault tried to stop it or called police.** Instead, some of those who watched the attack are suspected of taking pictures, police told ABC's KGO-TV in San Francisco. KGO reported that police were called only after someone who was not at the scene heard people talking about the attack, which was still going on.”

But Sometimes They Act...



CNN (9/13/2011):

A group of construction workers, students and other bystanders turned into a ragtag team of first responders to save the life of 21-year-old Brandon Wright.

Why Don't Peers and Friends Help?

- ❑ An individual is less likely to help when other passive people are present in a critical situation

- ❑ Why do people not help?
 - Feel less responsible to act if there are more people around
 - Fear of being judged by others
 - Relying on others to interpret an ambiguous situation
 - Do not know what to do, never seen someone else intervene

What Must Happen for a Peer or Friend to Help?

- ❑ 5-Step Process (Latane & Darley, 1970)
 - ❑ Notice an unhealthy or unsafe situation
 - “Something is happening”
 - ❑ Believe the situation is serious
 - “Someone needs to help”
 - ❑ Develop a feeling of personal responsibility
 - “I need to help”
 - ❑ Believe that you have the skills to succeed
 - “I can help”
 - ❑ Reach a conscious decision to help
 - “I will help”



Helping a Friend or Peer

- ❑ If you think your friend or peer is in an unhealthy and unsafe situation or is thinking about suicide you may ask yourself...

- ❑ What do I do?
 - Ask your friend or peer how he/she is feeling
 - Listen and avoid judging or acting shocked
 - Get help from a trusted adult
 - Take a moment and discuss with your center who you could tell if you or a friend needs help

- ❑ Considerations
 - Do not put yourself in danger (may go straight to an adult)
 - Do not keep a secret if a friend is thinking about suicide or experiencing violence

What Would You Do?

- <http://www.youtube.com/watch?v=tJAbwqrFkKo&feature=related>
 - 6 minutes

Dating Violence Prevention Resources

- ❑ **National Dating Abuse Helpline**
 - <http://www.loveisrespect.org/>
 - 1-866-331-9474
 - Or Text “loveis” to 77054
- ❑ **Centers for Disease Control and Prevention**
 - http://www.cdc.gov/ViolencePrevention/intimatepartnerviolence/teen_dating_violence.html
- ❑ **Choose Respect**
 - <http://www.chooserespect.org>
- ❑ **Break the Cycle**
 - <http://www.breakthecycle.org/>

Youth Violence Prevention Resources

- ❑ **Centers for Disease Control and Prevention**
 - <http://www.cdc.gov/ViolencePrevention/youthviolence>
- ❑ **STRYVE**
 - www.safeyouth.gov
- ❑ **Stop Bullying Now**
 - www.stopbullying.gov



Suicide Prevention Resources

- ❑ **Centers for Disease Control and Prevention**
 - <http://www.cdc.gov/ViolencePrevention/suicide>
- ❑ **Suicide Prevention Resource Center**
 - www.sprc.org
- ❑ **The Jason Foundation**
 - <http://www.jasonfoundation.com/>
- ❑ **The Trevor Project (LGBTQ resource)**
 - <http://www.thetrevorproject.org/>
- ❑ **National Suicide Prevention Lifeline**
 - <http://www.suicidepreventionlifeline.org/>
 - A 24-hour hotline is available
 - 1-800-273-TALK (8255)
 - 1-888-628-9454



Questions?

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