

101 WAYS TO PREVENT VIOLENCE

Respect others * Think before you speak or act * Learn about domestic violence and sexual assault * Solve all arguments peacefully * Count to 10 * Don't be a tormentor * Avoid bullies * Be nice * Talk, don't hit * Tell Crisis Connection, Inc. if someone is violent * Learn to compromise or reach consensus * No put downs * Stay away from drugs * Steer clear of guns * Report any weapons you find * Don't do things you know aren't right just because others are * Know emergency numbers in your community * Learn to say exactly how you got hurt * Value other cultures * Don't play violent video games * Get enough sleep so you aren't grouchy * Don't say mean things about others * If counting to 10 doesn't help, count to 20 * Don't join a gang * Try taking several deep breaths regularly * Calm down * Be a good, empathic listener * Practice what to do in urgent situations * Avoid watching violent TV shows * Be polite * Choose reputable friends * Volunteer * Don't go anywhere with someone you don't know and trust * Follow good role models * Report crimes or suspected crimes * Use safe routes wherever you go * Don't go anywhere alone * If someone tries to abuse you, get away fast and tell a trusted adult * Become a peacemaker * Be willing to forgive * Say 'I'm sorry' when you're wrong * Share with others * Leave situations that make you uneasy * Honor your parents and grandparents * Remember that 'No' is a complete sentence * Ask for help if needed * Be a good sport * Earn trust * Do good deeds * Tell the truth * Learn to accept yourself * Be kind * Return anything you find * Give compliments often * Do random acts of kindness; pay it forward * Make & display anti-violence posters * Don't drink alcohol or smoke * If counting to 20 doesn't help, count to 50 * Don't be rude * Be a good friend * Treat people fairly * Be kind to animals * Obey the law * Be cooperative * Walk away from trouble * Don't call others names * Shake hands and make up * Don't open the door to your life to people you don't respect * Think positively * Make a difference * Learn something daily * Be an encourager * If you can't solve a problem, research some problem solving tools that may help * Give credit where due * Don't pick fights * Say no * Pass up violent or inappropriate internet sites * Think about what you got mad so you can avoid it next time * Never carry a weapon * Set goals * Put yourself in other people's place if you can * Enjoy the differences in people * Don't show off * Exercise * Give a little...or a lot * Talk with your brothers/sisters/aunts/uncles, etc. * Get counseling if needed * Report anyone who threatens * Be the best you can be * Think out your choices carefully * Take pride in the good decisions you've made * Take a chance to stretch – make mistakes and learn from them * Follow rules * Look for the beauty in life * If counting to 50 doesn't help, count to 100 * Journal * Respect yourself * Go to the library and read a book *

Check out www.crisisconnectioninc.org

