

# Violent

Violence causes someone else harm, or fear of harm. It comes in many forms, and happens for a number of reasons. Drugs and alcohol often make it worse. However, there are things you can do to stop and deal with violence.

## What counts as violence?

Violence is basically anything that hurts other people or makes them afraid of being hurt. Violence comes in different forms, like:

**Physical violence** – which consists of making someone feel physically intimidated including sexual assault.

**Emotional violence** – stuff like making threats, putting someone down, frightening them verbally or blackmailing them.

**Social violence** – this kind of violence often happens alongside other types. Teasing someone, isolating them or making fun of them as a group are all kinds of social violence.

**Spiritual violence** – not allowing someone to have their own beliefs, opinions or values.

## Where does violence come from?

People are violent because:

- › *They're frustrated, angry or pissed-off*
- › *They want to control someone*
- › *They're repeating patterns they were taught*

You can manage your anger and behaviour so that it is not violent. Violence is not okay, and in most cases is actually illegal.

Drugs and alcohol can make you more violent as they reduce your inhibitions. You can get help with drug and alcohol problems so they do not result in violence. A doctor, nurse, counsellor or psychologist can help you with this. You can even find professionals who specialise in drug and alcohol issues.

## Stopping Violence

You are the only person who can stop yourself from being violent, and yours is the only violence you can definitely stop. You can:

- › *Work out what makes you violent or angry. Knowing the triggers will make it easier to avoid them.*

### This can look like...

- › *You get angry often, or know someone who does*
- › *You're dealing with violence as a victim or someone who's been violent*
- › *You want to stop violence*
- › *You want to be less angry*

### Take action...

- › *Learn some relaxation techniques*
- › *Talk to a psychologist*

- › *Look around to see if your violence is hurting people and damaging relationships. If it is, work on reversing or undoing this.*
- › *Talk to someone. It's hard to deal with anger and violence on your own. Talking to someone like a counsellor, mental health worker, nurse, doctor or psychologist can help you.*