

REGIONALNI CENTAR ZA TALENTE VRANJE

VIOLENCE AMONG US

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ABSTRACT

This essay is about violence that has become more and more present in today's time. Violence is an expression of aggression. In society today, violence is any deliberate act involving physical force or the use of a weapon in an attempt to achieve a goal, further a cause, stop the action of another, act out an angry impulse, defend oneself from attack, secure a material reward, or intimidate others. There are several types of violence. One can exhibit violence in physical, psychological, or sexual form or simply by neglecting someone to the point of deprivation. The extent of violence ranges from self, to family and friends, to community. While other aspects of conflict are damaging, violence takes by far the heaviest toll. What has the world come to these days? It often seems like we see violence everywhere. We see it in the streets, back alleys, school, and even at home. Types of violence are: Physical Violence, Sexual Violence, Emotional Violence, Psychological Violence, Spiritual Violence, Cultural Violence, Verbal Abuse, Financial Abuse.

KEY WORDS: VIOLENCE, YOUTH, AGGRESSION, TYPES OF VIOLENCE

REZIME

Ovaj esej je o nasilju koje je postalo sve zastupljenije u danasnje vreme. Nasilje je izraz agresije. U danasnjem društvu, nasilje je bilo koji namerni čin koji uključuje upotrebu sile ili oružja u nameri da se postigne cilj, ili da se prekine akcija druge osobe, to je čin agresivnosti u nameri da čovek sebe odbrani, iznudi materijalnu dobit, ili da zastrasi druge. Postoji nekoliko vrsta nasilja. Nasilje može biti fizičko, psihicko, ili seksualno, ili da to bude oblik zanemarivanja. Stepenn nasilja raste od sopstvenog nivoa, preko porodice, prijatelja i zajednice uopšte. Dok drugi aspekti konflikta stete, nasilje zauzima najveći procenat. Dokle je svet stigao danas? Čini se da nasilje vidimo svuda. Vidimo ga na ulicama, sokacima, školama, pa čak i kod kuće. Tipovi nasilja su: fizičko nasilje, seksualno, emocionalno, psihicko, kulturno, verbalna i finansijska zloupotreba.

KLJUCNE RECI : Nasilje, Omladina, Agresija, Tipovi nasilja

INTRODUCTION

Each year, more than 1.5 million people worldwide lose their lives due to violence. For every person who dies as a result of violence, many more are injured and suffer from a range of physical, sexual, reproductive and mental health problems.

Violence is the aggressive behaviour showcased by an individual. In psychology the definition of violence is: 'The intentional use of power or physical force, threatened or actual, against oneself, another person or against a group or community that either results in or has a high likelihood of resulting in injury, death, psychological harm, mal-development or deprivation.'

Violence is an expression of aggression. There can be various reasons that cause this kind of behaviour. Various unfavourable social situations or circumstances in life affect an individual. The reaction to those situations is variable. Those who are short tempered or unable to cope with the changing environment find it hard to behave rationally. This frustration comes out in the form of anger and violent behaviour. Though, environmental factors are responsible but only to an extent. Psychologists believe that violent traits are inherent in nature. Violence is of several kinds. As I mentioned in the abstract there are:

- **Physical Violence**
- **Sexual Violence**
- **Emotional Violence**
- **Psychological Violence**
- **Spiritual Violence**
- **Cultural Violence**
- **Verbal Abuse**
- **Financial Abuse**
- **Self violence**



1. TYPES OF VIOLENCE

Physical violence occurs when someone uses a part of their body or an object to harm a child or control a child's actions. Physical violence includes, but is not limited to, pushing shoving, pinning or holding a person down confinement, pinching, hair-pulling, slapping, punching, arm twisting, kicking, biting, strangling, choking, burning, overmedication, assault with an object or weapon, threats with an object or weapon, stabbing, and murder.

Sexual violence occurs when someone forces you to take part in sexual activity when you do not want to. Sexual violence includes: touching you in a sexual manner against your will (kissing, grabbing, fondling), forced sexual intercourse, forcing you to perform sexual acts you find degrading or painful, use of a weapon to make you comply with a sexual act, beating sexual parts of your body, exhibitionism (need to expose body parts to others), denial of a woman's sexuality, humiliating, criticizing or trying to control a woman's sexuality, withholding sexual affection, exposure to AIDS or other sexually transmitted infections, forced abortion or sterilization, forced prostitution.

Emotional violence occurs when someone says or does something to make you feel stupid or worthless. Emotional violence includes: name calling, constant criticism, blaming all relationship problems on you, humiliating or belittling you in front of others, using silent treatment, confinement to the home, not allowing you to have contact with family and friends, destroying possessions, threats, jealousy, intimidation, stalking, threatening to take the children and threatening to commit suicide.

Psychological violence occurs when someone uses threats and causes fear in you to gain control. Psychological violence includes: threatening to harm you, your children or your family if you leave, threatening to harm themselves, threats of violence, threats of abandonment, destruction of your personal property, social isolation from your family and friends, confinement to the home, verbal aggression and constant humiliation.

Spiritual violence occurs when someone uses your religious or spiritual beliefs to manipulate, dominate, or control you. Spiritual violence includes: trying to prevent you from practicing your religious or spiritual beliefs, making fun of your religious or spiritual beliefs, forcing you to raise your children in another religion or spiritual choice and using your religious or spiritual beliefs to manipulate, dominate or control you.

Cultural violence occurs when you are harmed as a result of practices condoned by your culture, religion or tradition. Cultural violence includes: female circumcision, rape-marriage, sexual slavery and honour crimes.

Verbal abuse occurs when someone uses language, whether spoken or written, to cause you harm. Verbal abuse includes: constant criticism, cursing, name calling, repeated insults, recalling your past mistakes, expressing negative expectations, expressing distrust, threats of violence against you, your children or other family members and for immigrants, threats of deportation if you decide to leave.

Financial abuse occurs when someone controls your financial resources without your consent. Financial abuse includes: destruction of your personal property, not allowing you to attend school, forcing you to work outside the home, refusing to let you work outside the home, controlling your choice of occupation, forbidding you to have access to the family income and bank accounts, giving you an allowance and requiring justification for all money spent, taking money needed for the care of the family, refusal to contribute financially to family and denying access to basic needs such as food and health care.

Neglect occurs when someone has the responsibility to provide care or assistance for you but does not. Neglect includes: not paying your bills and not providing needed medication, food, shelter or clean clothing.

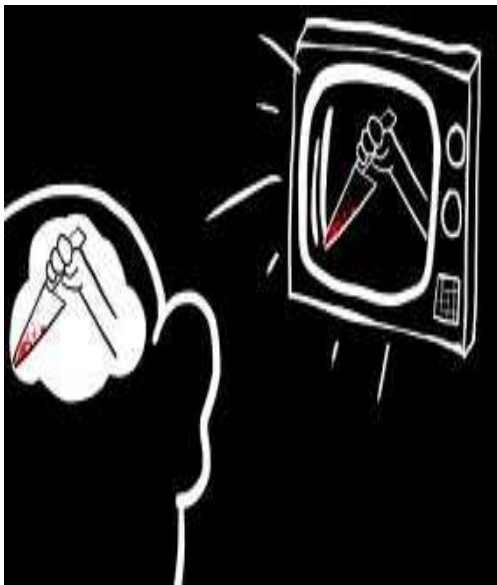
Self violence is best described as self assault or committing suicide. When the person finds it hard to do any significant changes in the external environment and alter the external stimuli, he tends to harm himself. Lack of confidence and a general feeling of inferiority are the contributing factors behind this kind of behaviour. In other cases, individual tries to take command of the situation and directs his anger towards his partner or other family members.



End Domestic Violence



1PercentRevolution ©214



2. PREVENTING VIOLENCE: WHAT CAN YOU DO?

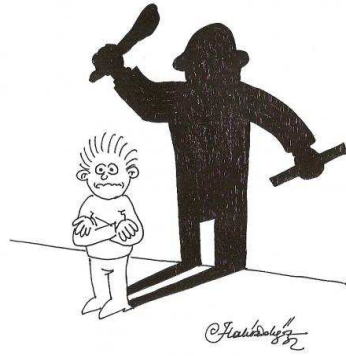
Have you ever thought of stopping the violence in your environment? I have done some research and with the help of a psychologist, a policeman and a doctor I have noted down which the first signs of violence are and what you should do. Here are some quick hints and advice.

First of all, you must learn to recognize danger signs and keep anger from escalating out of control. If you are a parent you should raise your children to resist and report any type of violence. Children learn aggressive behavior early in life. Several strategies can help parents and others teach kids to manage their emotions without using violence. Violence is a learned behavior. Like all learned behaviors, it can be changed. This is not easy, though. Children who are victims of violence have a higher risk of alcohol and drug misuse, smoking, and high-risk sexual behavior. This may lead, even decades later, to chronic diseases such as heart disease and cancer and sexually-transmitted infections.

Since there is no single cause of violence, there is no one simple solution. The best you can do is learn to recognize the warning signs of violence and to get help when you see them in your friends or yourself. Often people who act violently have trouble controlling their feelings. They may have been hurt by others. Some think that making people fear them through violence or threats of violence will solve their problems or earn them respect. This is not true. Some violence occurs as a response to prolonged hurt, trauma, bullying or victimization.

People may use violence to get something, while others may act out of self-protection or desperation. But above all, be safe. Don't spend time alone with people who show warning signs. If possible without putting yourself in danger, remove the person from the situation that's setting them off. Tell someone you trust and respect about your concerns and ask for help. This could be a family member, guidance counselor, teacher, school psychologist, coach, clergy, school resource officer or friend. If you are worried about being a victim of violence, get someone in authority to protect you. Do not resort to violence or use a weapon to protect yourself.

The key to really preventing violent behavior is asking an experienced professional for help. The most important thing to remember is to not go it alone and to take any signs or threats seriously. Proven and promising violence prevention strategies address underlying causes such as low levels of education, harsh and inconsistent parenting, concentrated poverty, unemployment and social norms supportive of violence. Proven and promising violence prevention strategies focused on individuals include pre-school enrichment programmes during early childhood (ages 3-5 years), life skills training and social development programmes for children aged 6-18 years, and assisting high-risk adolescents and young adults to complete schooling and pursue courses of higher education and vocational training.



3. INTERVIEWS

As you all know some of the most useful institutions for preventing violence are Police Stations, Hospitals, and Social Services institutions. Therefore, I conducted the interviews with a policeman, a doctor and a psychologist. These are the professions which are vital for preventing violence.



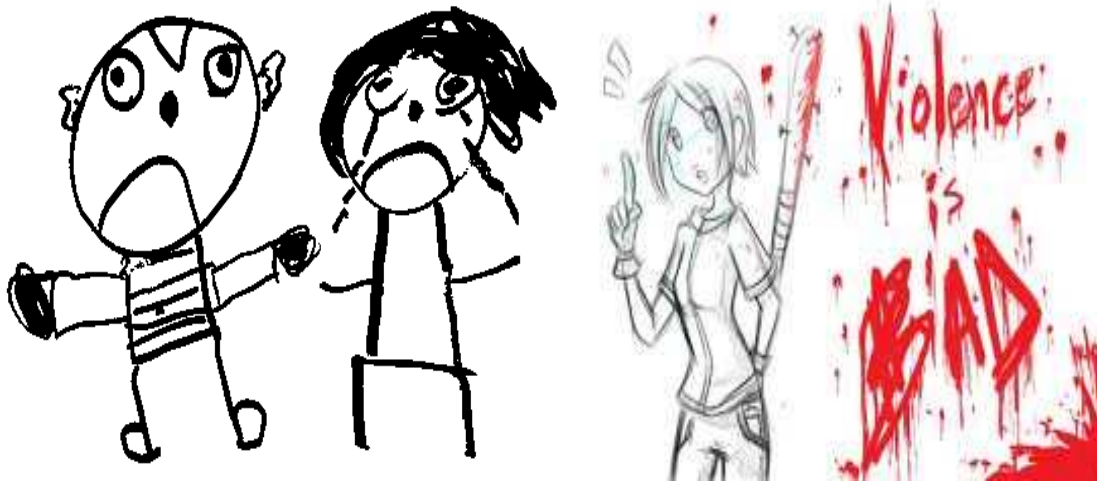
3.1 THE INTERVIEW WITH A POLICEMAN

For the beginning, I asked a policeman named Sladjan Ignjatovic for his point of view regarding violence (all the questions I asked Mr Ignjatovic are given in Appendix). According to Mr Ignjatovic violence is every form of physical or psychological assault. He thinks that violence is the consequence of the displeasure of an individual inside a certain group, and if that displeasure reaches its peak there is a chance that the whole group becomes violent. As an example he named hooligans and protesters. Considering the young he thinks that most of them do not pay attention to other people's problems, but he also thinks that it can be good in some situations. He points out that if they get too involved they can get into big problems, because most people do not like when other people get involved in their personal life.

From his point of view verbal violence is much more dangerous than physical, because it damages person's self-respect and leaves psychological consequences, and as a result of that the victim can become a bully. In order to stop violence, he recommends educating children to resist and report violence, but also increasing the level of tolerance. But as the safest way he points out extreme punishments. In that way the bullies will realize that they will be punished for their deeds. He blames environment for making somebody become a bully, he also says that genetics is to blame, but that environment determinates whether somebody become a bully, or a victim. A typical example for that are hooligans and protesters. In a group of people, the most dominant person stands out and serves as a model how to act and behave. Other persons, his followers will observe him, and mirror his actions, and will act similar to that in similar situations. There is no time limit or environmental border for violence. It will happen every time everywhere. It all depends on a person's character and a level of aggression. In his opinion about, the Internet is a very useful thing, but in the hands of an inexperienced and young person, it can become a dangerous weapon. It can affect negatively a young person because there are lots of things on the Internet which are bad and not age appropriate. Children's psyche is liable to influence of violent games/movies, and children try to mirror what they see, without thinking about the consequences.

Unfortunately, most of cases of violence go unpunished because they are not reported. That is essential, but at the same time, the biggest problem. The victims are afraid of the reaction of the bully and continuation of molestation. But they are also afraid of the reaction and judgments of others. That is completely wrong. As a policeman he advises every victim to report violence right away, and not to suffer and not to be afraid of a bully. According to him a bully has no right to molest or abuse others, whereas the victim has every right to report him / her, to defend himself / herself, and to fight for his freedom. Police is there to punish anybody who molests and harasses others, and the victims will be taken care of by psychologists and safe houses. As a policeman he says that he has all the rights to protect the victim and punish a bully, but the victim has to be ready to ask for help and report the violence in any form, and after that if it is needed to testify against the bully. He recommends that they should talk to the police first, then to a doctor if they need any medical

care, and psychologists, friends and social institutions for advice how to deal with that and for mental support.



3.2 THE INTERVIEWS WITH A DOCTOR AND A PSYCHOLOGIST

Both interviews with a doctor and a psychologist have similar answers. So I thought I could discuss them together by making comparisons between their answers (all the questions I asked Mrs Lidija Konstantinovic, a doctor, and Miss Dragana Stankovic, a psychologist, are given in the Appendix).

According to both of them violence is every form of behavior which endangers other person physically, mentally or sexually. They believe that young do not pay attention to violence. In the first place, they are too occupied with their own worries and problems, but on the other hand they are raised not to interfere in other people's problems. They say that there might be a problem in raising and educating children. They also say that violence manifests itself through video games/movies starting with television through violent behavior in community to violent behaviour in a family. Their advice for lowering percentage of violence is to educate young people to recognize violence and to report it. From the point of a psychologist's view violence is harmful for the psyche of a victim, because it can cause different physical disorders, the worst case scenario is that the victim can commit suicide. However, from a doctor's point of view, physical wounds can be even more dangerous. These physical wounds she says can lead to much stronger fear and cause more stress and pain in a victim.

They agree in the opinion that violence mostly occurs in families, in every possible form. They believe that this modern age and stressful and fast-paced, hectic way of living enhances violence. Too high level of exposure to violent events, virtual or real makes people less emotionally impacted by gruesome happenings. They both believe that environment has

a great connection with violence. They also think that victims are very much afraid to report a bully because they think that it will have great consequences.

A psychologist named some institutions specialized for helping the victims of violence. She named schools, police, hospital and social institutions such as Center for Social Work. In her opinion, severe punishments should be applied. A psychologist first talks to a victim, he / she tries to convince a victim to report a bully, if he / she fails to convince the victim then a doctor takes the alternative. A doctor helps a victim by healing any injuries. For example, a psychologist was asked for help by a woman who is married and has been exposed to violence for a long period of time. She directed her to the social institution in which there are groups who talk about violence in families, schools, etc. She also sent her to an inspector whom she can report her husband. That woman is now divorced, much happier and takes classes about violence and protection against violence every day.



4. Facts and Global statistics about violence

4.1 Facts

- Resolution of the United Nations, November 25th has been declared the International Day for Elimination of Violence against women.
- 18.3 % of women have survived a completed or attempted rape. Of these, 12.3% were younger than age 12 when they were first raped, and 29.9% were between the ages of 11 and 17.
- Less than half of domestic violence incidents are reported to police. African-American women are more likely than others to report their victimization to police.
- Most female victims are raped before the age of 25, and almost half of female victims are under the age of 18
- According to the 2010 National Crime Victimization Survey, more than 20,000 rapes or sexual assaults occurred in 2010; 169,370 of them occurred among females and 15,020, among males
- One out of every ten Serbian women has been the victim of an attempted or completed rape in their lifetime.

- Somewhere in America a woman is battered, usually by her intimate partner, every 15 seconds.
- Almost two-thirds of all rapes are committed by someone who is known to the victim. 73% of sexual assaults were perpetrated by a non-stranger (— 48% of perpetrators were a friend or acquaintance of the victim, 17% were an intimate and 8% were another relative.)
- Almost 10% of high school students are victims of dating violence each year.
- A survey presented last December, showed that 54.2% of women in Serbia suffer from some form of domestic violence, 90% of these cases perpetrated by men. The survey, conducted on a representative sample of 2500 women aged 18-75, showed that 31.8% of all women in Serbia were subjected to psychological violence and 10.1 percent were subjected to physical violence.

VIOLENCE
NEVER
SOLVES
ANYTH



4.2 Global Statistics

- Violence accounts for over 1.5 million deaths per year. This corresponds to more than 4 000 people killed every day. Violence is a significant public health, human rights and human development problem.
- Suicide and homicide account for more than 80% of violence-related deaths. Of those killed by violence, just over half die by their own hand, over 35% because of injuries inflicted intentionally by another person, and over 11% as a direct result of war or some other form of collective violence.
- 90% of deaths due to violence occur in low- and middle-income countries. Countries with higher levels of economic inequality tend to have higher rates of death due to violence. Within countries, the highest death rates occur among people living in the poorest communities. Serbia is a low income country. It is estimated that in within 10 years Serbia will become a middle-income country.
- Violence mainly impacts young, economically productive people. Homicide and suicide are heavy contributors to global death rates among men aged 15–44 years. For every young person killed by violence, an estimated 20–40 receive injuries that require hospital treatment. Among people under 25 years, for every suicide, 100 young people attempt to take their own lives.

- The health impact of violence is not limited to physical injury. Long-term effects can include depression, mental disorders, suicide attempts, chronic pain syndromes, unwanted pregnancy, HIV/AIDS and other sexually transmitted infections. Children who are victims of violence have a higher risk of alcohol and drug misuse, smoking, and high-risk sexual behavior. This may lead, even decades later, to chronic diseases such as heart disease and cancer and sexually-transmitted infections. .
- Societies can prevent violence by reducing risks such as alcohol, guns, and economic and gender inequality. Proven and promising violence prevention strategies that address societal factors include reducing alcohol availability and misuse through enactment and enforcement of liquor licensing laws, taxation and pricing; reducing access to lethal means, including guns, knives and pesticides; and promoting gender equality by for instance supporting the economic empowerment of women.



5. CONCLUSION

In conclusion I have to say that, unfortunately, many people are very prone to violence. But I have also come to the conclusion that violence can be stopped, or if not stopped than decreased. Most of people are not aware of violence among them. And even if they are aware most of them do nothing. Instead of standing up and defending themselves they suffer quietly. That is a wrong thing to do! **It is not a shame to be bullied, but it is a shame to be the bully.** I am hoping that this essay will help and reassure somebody who is a victim of violence to report the crime and suffer no more.



Appendix

Questionnaire:

1. What does violence represent for you?
2. Do you think that young people think too much about themselves to pay attention to other people's problems?
3. Is violence a common occurrence?
4. Is there any way to lower percentage of violence?
5. Does violence influence the victim's psychological state?
6. Does violence manifest differently in different places?
7. Where does violence mostly occur?
8. Do modern age and the way of living enhance violence?
9. How do the Internet, social networks (such as facebook, twitter) and violent video games/movies affect the young who use them?
10. Does environment in which children grow affect whether they will become a victim or a bully? Or genetics has more influence?
11. Why are the victims afraid to report the bully?
12. Do school, police and other institutions work on preventing violence?
13. Do you contribute to the fight against violence, or do you just neutrally watch and do nothing?
14. In which way could you help the victims of violence? Has anybody asked help from you? How did you react? And what did you do?
15. Who should the victims turn to for help? What are their rights?

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