

DISRUPTING THE PATH TO VIOLENCE

1. The Power to Prevent Violence
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The Power to Prevent Violence

MYTH: People just “Snap”

TRUTH: Many forms of violence begin with a grievance and the idea that violence is an option to resolve the grievance. There may be “clues” in a persons behavior that they are considering violence.

You have the power to prevent violence....

- ☐ Learn about the pathway to violence
- ☐ Care enough to tell someone who can help
- ☐ Spread the message that violence can be prevented



Understanding More about Violence



Targeted violence is planned and involves behaviors that are observable

- Domestic violence
- Stalking
- Mass shootings
- Workplace violence
- Violent Extremism



Reactive violence is defensive – how you react when you are attacked.

- Fights
- Defending when attacked

Pathway to Violence



Adapted from the Pathway to Violence, Calhoun & Weston, 2003

Step 1 – Recognize Common Behaviors on the Pathway to Violence

- Increasingly irregular, unsafe, or aggressive behaviors.
- Hostile feelings of injustice or perceived wrongdoing.
- Drug and alcohol abuse.
- Distancing from friends and colleagues.
- Changes in performance at work or school.
- Sudden and dramatic changes in home life or in personality.
- Pending legal problems.
- Threats or plans of retribution.
- Internet searches for weapons, how others were violent, extremist websites.
- Social media posts featuring weapons, extreme views, endorsing violence.
- Talking or hinting about suicide.
- **ANY BEHAVIOR THAT CONCERNS YOU AND DOESN'T FEEL RIGHT SHOULD BE SHARED WITH SOMEONE WHO CAN HELP**

Not all of these problems will lead to violence – but intervening with these problems may keep someone off the pathway.

What You Can Do to Prevent Violence

- **Step 2 – Listen and intervene when you are concerned that someone is considering violence as an option.**
 - Contact authorities to get help
 - Maintain open communication with the person
 - Listen to their reasons or grievances
 - Let them know you are here to help, even if you disagree with them
 - Intervene early
 - Get help from someone you trust early – don't wait until problems build
 - Try to understand the person's situation and motivation so you can find the right help for them
 - You are not alone
 - Even if the person doesn't accept help, talk to someone you trust about the situation
 - Be sure you are safe
- **Step 3 – Report the signs of violence.**
 - What to report
 - Anything that raises your suspicion or concern
 - The person has signs of a serious mental illness
 - The person harasses, follows or stalks someone
 - The person communicates or makes contacts that refer to -
 - A person's safety and security
 - Concerning or negative/hostile comments
 - Threatening communications or contacts
 - Where to report
 - Law enforcement or a trusted agency

Violence Prevention in Our Community

**If you suspect someone is going to harm themselves
or other people, take it seriously.
CALL 9-1-1 for immediate threats**

Where to Report Concerns in Our Community

- CALL (insert #)
- TEXT (insert #)
- APP (insert info)

What to say:

- ***“I would like to report behaviors that might be on the path to violence. I am concerned about [name] and want to get them help. Here are the behaviors I am concerned about: [list behaviors and why you are concerned]”***