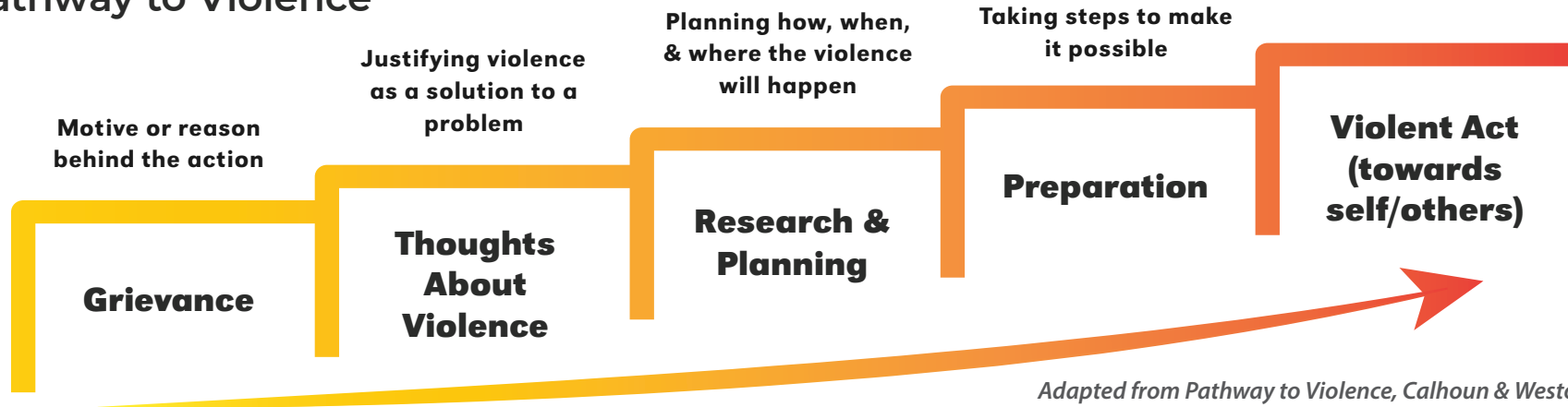


# Preventing the Pathway to Violence

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## Pathway to Violence



*Adapted from Pathway to Violence, Calhoun & Weston, 2003.*

## Step 1: Recognize common signs on the pathway to violence

- Escalating unsafe or aggressive behaviors.
- Expressed hostile feelings of injustice or perceived wrongdoing.
- Distancing from friends and colleagues.
- Changes in performance at work or school.
- Sudden and dramatic changes in behavior or in personality.
- Pending legal problems.
- Detected or stated threats or plans of violence.
- Internet searches for weapons, acts of violence, extremist websites.
- Social media posts featuring weapons, extreme views, endorsing violence.
- Acquiring weapons after expressing grievance or desire for violence.
- Talking or hinting about suicide.
- **ANY BEHAVIOR THAT CONCERNS YOU AND DOESN'T FEEL RIGHT SHOULD BE SHARED WITH SOMEONE WHO CAN HELP.**

**If you suspect someone is going to harm themselves or other people, take it seriously...**

**CALL 911 FOR IMMEDIATE THREATS.**

**Report other concerns to:**

**CALL:**

**TEXT:**

**APP:**

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

## Step 2: Listen and intervene when you are concerned that someone is considering violence as an option.

- Contact authorities, schools or human service providers 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 – seek others' advice.
  - 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 that relates to a grievance or risk of harm.
  - 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, school, or a trusted agency.

### WHAT TO SAY WHEN YOU MAKE THE REPORT.

**"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]"**