

# Teen Health Kit for Parents

## ✓ Violence Prevention Tips

Teaching kids violence prevention is not an easy task. Skills like empathy, impulse control and problem solving are well formed by the family in which we live. Values, beliefs, and spiritual or moral development all contribute to how an individual reacts or behaves in regard to violence. The first thing parents can do to ensure proper tolerance and skill building in their children and teens is to model the behavior you hope to see. Teaching appropriate strategies when children are young will help to ensure their success in relationships and life skills in general. Modeling those skills is the surest way to get that message across.

### WHAT CAN BE DONE TO TEACH VIOLENCE PREVENTION?

1. Model the appropriate coping skills, social skills and tolerance for diversity.
2. Find out what your teen's school is doing to teach citizenship; reinforce those values in your family.
3. Encourage your teen to empathize with others. Take a look at how people feel in certain situations and talk about that regularly.
4. Encourage the use of good communication skills and feeling statements. Ask and listen, instead of blaming or bullying, when talking.
5. Practice using problem solving steps when making a decision or coming to a resolution.
6. Practice emotion management techniques when angry or frustrated.

### Some strategies to use for emotion management:

- Take deep breaths
- Count slowly to ten or higher if needed
- Talk to yourself and tell yourself how to calm down
- Think calm thoughts about an alternative to your feeling

### Strategies to use for problem solving and impulse control:

- Ask, what the problem is.
- Brainstorm solutions.
- Ask yourself, is it fair? How might people feel about it? Is it safe? Will it work?
- Try a solution and use it.
- Re-examine the solution to see if it worked. If not, try another.

*These strategies are adopted from the program, Second Step: A Violence Prevention Curriculum (developed by Committee for Children). This program is used in most schools in Livingston County and is supported by the Genesee Valley Health Partnership.*

#### Useful Web sites:

[www.safeyouth.org](http://www.safeyouth.org)  
[www.bullying.org](http://www.bullying.org)  
[www.NationalSAVE.org](http://www.NationalSAVE.org)  
[www.keepschoolssafe.org](http://www.keepschoolssafe.org)

**Local Resources:** Genesee Valley Health Partnership, Inc.  
Second Step: A Violence Prevention Curriculum  
(585) 615-4381  
[www.gvhp.org](http://www.gvhp.org)

