

STRESS AND VIOLENCE

Coach Whitaker

VOCABULARY

- Stress—the body's and mind's response to a demand.
- Stressor—any situation that puts a demand on the body or mind.
- Eustress—a positive stress that energizes a person and helps a person reach their goal.
- Distress—a negative stress that can make a person sick or can keep a person from reaching a goal.
- Resiliency—the ability to recover from illness, hardship, and other stressors.

VOCABULARY

- Violence—physical force that is used to harm people or damage property.
- Bullying—scaring or controlling another person using threats or physical force.
- Abuse—physical or emotional harm to someone.
- Neglect—the failure of a caretaker to provide for basic needs.
- Sexual abuse—any sexual act without consent.
- Incest—sexual activity between family members who are not husband and wife.

VOCABULARY

- Sexual harassment—any unwanted remark, behavior, or touch that has sexual content.
- Sexual assault—sexual activity in which force or the threat of force is used.

STRESSORS

- **Environmental stressors** are conditions or events in your physical environment that cause you stress.
- **Biological stressors** are conditions that make it difficult for your body to take part in daily activities.



WHAT CAUSES STRESS?

- **Thinking stressors** can be any type of mental challenge.
- **Behavioral stressors** are unhealthy behaviors that cause stress.
- **Life change stressors** are major life changes—negative or positive—that lead to stress.



PHYSICAL RESPONSE TO STRESS

- In the **fight-or-flight response**, your body releases **epinephrine**.
- Epinephrine triggers the following changes:
- Breathing speeds up
- Heartbeat increases
- Muscles tense up
- Pupils dilate
- Digestions stops
- Blood sugar increases



EMOTIONAL AND BEHAVIORAL RESPONSES TO STRESS

- **Positive Stress** Stress that energizes you and helps you reach a goal is called **eustress**.
- **Negative Stress** Stress that makes you sick or keeps you from reaching a goal is called **distress**.
- When you are experiencing stress, you should try to adjust your attitude and make the stress positive.



Eustress and Distress



Photos – John Langford/HRW

LONG TERM STRESS EFFECTS

- The **general adaptation syndrome** describes three stages in the relationship between stress and disease.
 1. **Alarm Stage** The body and mind become very alert in response to stressors.
 2. **Resistance Stage** The body becomes more resistant to disease and injury.
 3. **Exhaustion Stage** Extreme exhaustion sets in. Organs and systems in the body may start to suffer or fail.

Stress-Related Diseases and Disorders

- ▶ **Tension headache**
- ▶ **Cold and flu**
- ▶ **Asthma**
- ▶ **Migraine headache**
- ▶ **Backache**
- ▶ **Temporomandibular joint dysfunction (TMJ)**
- ▶ **Heart disease**
- ▶ **Stroke**
- ▶ **High blood pressure**
- ▶ **Chronic fatigue**
- ▶ **Ulcer**
- ▶ **Anxiety disorder**
- ▶ **Insomnia**
- ▶ **Depression**

FIGHT OR FLIGHT RESPONSE

- Inventory Diagram.

DEALING WITH STRESS—TAKE CARE OF YOURSELF

- Staying physically healthy can help you avoid stress- related illness.
- Some of the same things you can do for your physical health also relieve stress.
- Exercise regularly
- Get enough rest
- Eat right



LEARN TO RELAX

- **Deep breathing** brings more oxygen to all parts of your body, and has a calming effect.
- **Tension-releasing exercises** help relieve tension in your muscles.



BUILD RESILIENCY

- **Resiliency** is the ability to recover from illness, hardship, and other stressors.
- Many resilient people get strength from their assets.
- An **asset** is a skill or resource that can help you reach a goal.



Eight Assets for Building Resiliency

Asset	Description	Example
Support	▶ having family, friends, and others to help you	▶ You talk to the school counselor about a problem.
Empowerment	▶ feeling as if you are a valuable member of your community and family	▶ You volunteer to start a drug-free campaign at school.
Boundaries	▶ having a clear set of rules and consequences for school, family, and relationships	▶ You know that if another teen bullies you at school, a teacher will speak with that teen.
Productive use of time	▶ choosing creative and productive activities	▶ You join a school club instead of playing video games after school.
Commitment to learning	▶ understanding the value of school-work	▶ You spend time every day working on homework assignments.
Positive values	▶ having values that include caring, integrity, honesty, self-responsibility, equality, and justice	▶ You support a friend who tells the truth even though doing so may get him or her in trouble.
Social skills	▶ communicating effectively, respecting others, and avoiding peer pressure	▶ You talk out a disagreement instead of yelling.
Positive identity	▶ having high self-esteem, having a sense of control, and feeling as if you have a purpose	▶ You use positive self-talk to prepare yourself for a speech.

Source: Adapted from Benson, Peter L., Ph.D., Espeland, Pamela, and Galbraith, Judy, M. A., *What Teens Need to Succeed*.

CHANGE YOUR ATTITUDE

- Having a positive attitude can help relieve stress.
- Use positive self-talk.
- Be confident about yourself.
- Don't worry about things out of your control.

**ATTITUDE
IS EVERYTHING
LIFE** is 10%
WHAT HAPPENS TO YOU
& **90% HOW
YOU REACT TO IT**

MANAGE YOUR TIME

- List and prioritize your projects.
- Know and set your limits.
- Make a schedule.
- Enter your priorities first.
- Be realistic.
- Prepare for problems.
- Make time to relax.
- Do it!



EIGHT ASSETS OF BUILDING RESILIENCY

- Activity

VIOLENCE ALL AROUND US

- **Violence** is any physical force that is used to harm people or damage property.
- We see violence on TV, in movies, in the newspaper, in video games, in our schools, and in our homes.
- Seeing and experiencing violence can make you insensitive to others who are in trouble.
- It can also make you more violent toward others

SIMPLE ASSAULT

- Attempts to commit a violent injury to the person or another
- Commits an act which places another in reasonable apprehension of immediately receiving a violent injury

PUNISHMENT

Misdemeanor



SIMPLE BATTERY



- You commit SB when you:
 1. Intentionally make physical contact of an insulting or provoking nature
 2. Intentionally cause physical harm

PUNISHMENT

Misdemeanor

BATTERY

- A person commits battery when he or she intentionally causes substantial physical harm or visible bodily harm to another

PUNISHMENT

Misdemeanor



AGGRAVATED ASSAULT



- When he or she assaults:
- With intent to murder, rob, rape
- With a deadly weapon or any object, device , or instrument which, when used will likely cause serious bodily harm

PUNISHMENT

Felony 1-20 years in prison

AGGRAVATED BATTERY

- A person commits AB when he or she maliciously causes bodily harm to another by depriving him or her of a member of his or her body, by making a member of his or her body useless, or by disfiguring his or her body

PUNISHMENT

Felony 1-20 years in prison

INVOLUNTARY MANSLAUGHTER

- Causes the death of another human being during the commission of an unlawful act without the intention to do so

PUNISHMENT—felony 1-10 years in prison

- Causes the death of another human being during the commission of an lawful act without the intention to do so

PUNISHMENT—Misdemeanor

VOLUNTARY MANSLAUGHTER

- Causing the death of another human being under the same circumstances of murder without malice
- Results from a sudden, violent, and irresistible passion from serious provocation

PUNISHMENT

1-20 years in prison

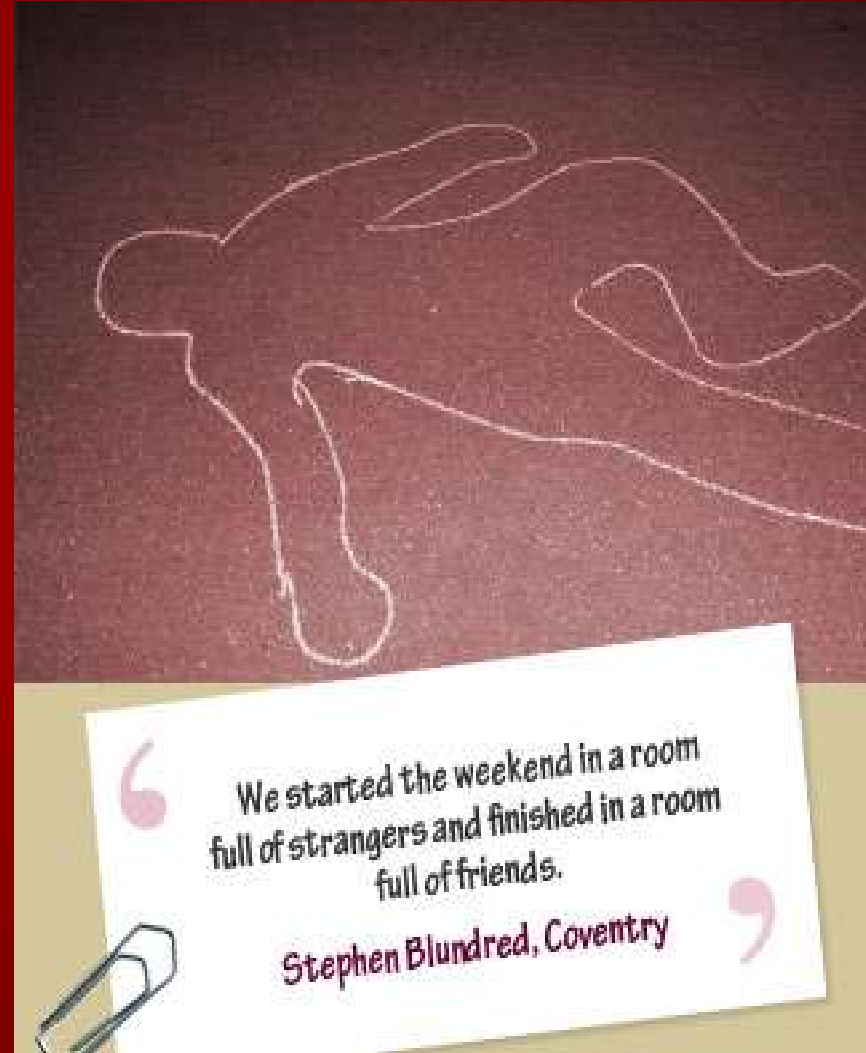


MURDER

- A person commits murder when he unlawfully and with malice causes the death of another human being
- Expressed or implied
- Or in the commission of a felony causes the death of another human being

PUNISHMENT

Death or life in prison



CRIMES AGAINST PERSONS

- Cartoon--comics

VIOLENCE IN TEENS

- **Feeling Threatened** The stress from being threatened can lead to violence.
- **Unmanaged Anger** Fatigue or poor living conditions can make one irritable and more prone to act out with anger.
- **Lack of Respect** Violent acts against people just because they are of a different race, religion, or culture are called *hate crimes*. **Tolerance** is the ability to overlook differences and see people for who they are.



BULLYING

- **Bullying** Scaring or controlling another person using threats or physical force is called *bullying*.
- If you are being bullied or see someone else being bullied:
- Be tolerant of others.
- Don't be embarrassed to ask for help.
- Be assertive, not aggressive.
- Try to avoid the bullies.
- Respect yourself.

AVOIDING DANGEROUS SITUATIONS

- It is best to completely avoid dangerous people and situations.
- If you do find yourself in a dangerous situation:
- Recognize the signs.
- Calm things down.
- Leave the situation.
- Offer alternatives.



Avoiding Dangerous Situations

Do	Don't
Treat all people with respect, regardless of their race, gender, religion, or ethnicity.	Don't make fun of people who are different from you.
Join a sports team, act in a theater group, volunteer at a hospital, or get a job.	Don't join a gang.
Take a self-defense class.	Don't buy or carry a weapon.
Learn to control your anger.	Don't fight someone to solve an argument.

RESOLVING CONFLICT WITHOUT VIOLENCE

- **Conflict resolution** is a nonviolent way to deal with arguments.
- A **negotiation** is a bargain or compromise for a peaceful solution to a conflict.
- **Peer mediation** is a technique in which a trained outsider who is your peer helps with a negotiation.



COMMUNICATE

- Communication skills you can use in conflict resolution include:
- Be respectful, yet assertive.
- Use the Making GREAT Decisions model.
- Don't raise your voice or call names.
- Allow the other person time to speak.
- Don't make assumptions.
- Focus on the real issue.
- Be open to change.
- Use "I" messages, not "you" messages.



ACTIVITY

- Continuum of Violence
- Page 1

ABUSE

- **Abuse** is physical or emotional harm to someone.
- The most common forms of abuse come from people one should be able to trust.
- Abusers are often people who were once abused themselves
- Learning to recognize inconsiderate and disrespectful behavior will help you avoid abusive people.

TYPES OF ABUSE

- **Child Abuse** As many as 3 million cases of child abuse are reported every year in the U.S.
- Child abuse can be physical abuse, emotional abuse, sexual abuse, or neglect.
- **Neglect** is when a caretaker fails to provide basic needs.



ABUSE TYPES

- **Domestic violence** is the use of force to control and maintain power over a spouse in the home.
- Abusive relationships often go through three stages:
 1. Tension-building phase
 2. Violent episode phase
 3. Honeymoon phase



The Cycle of Violence

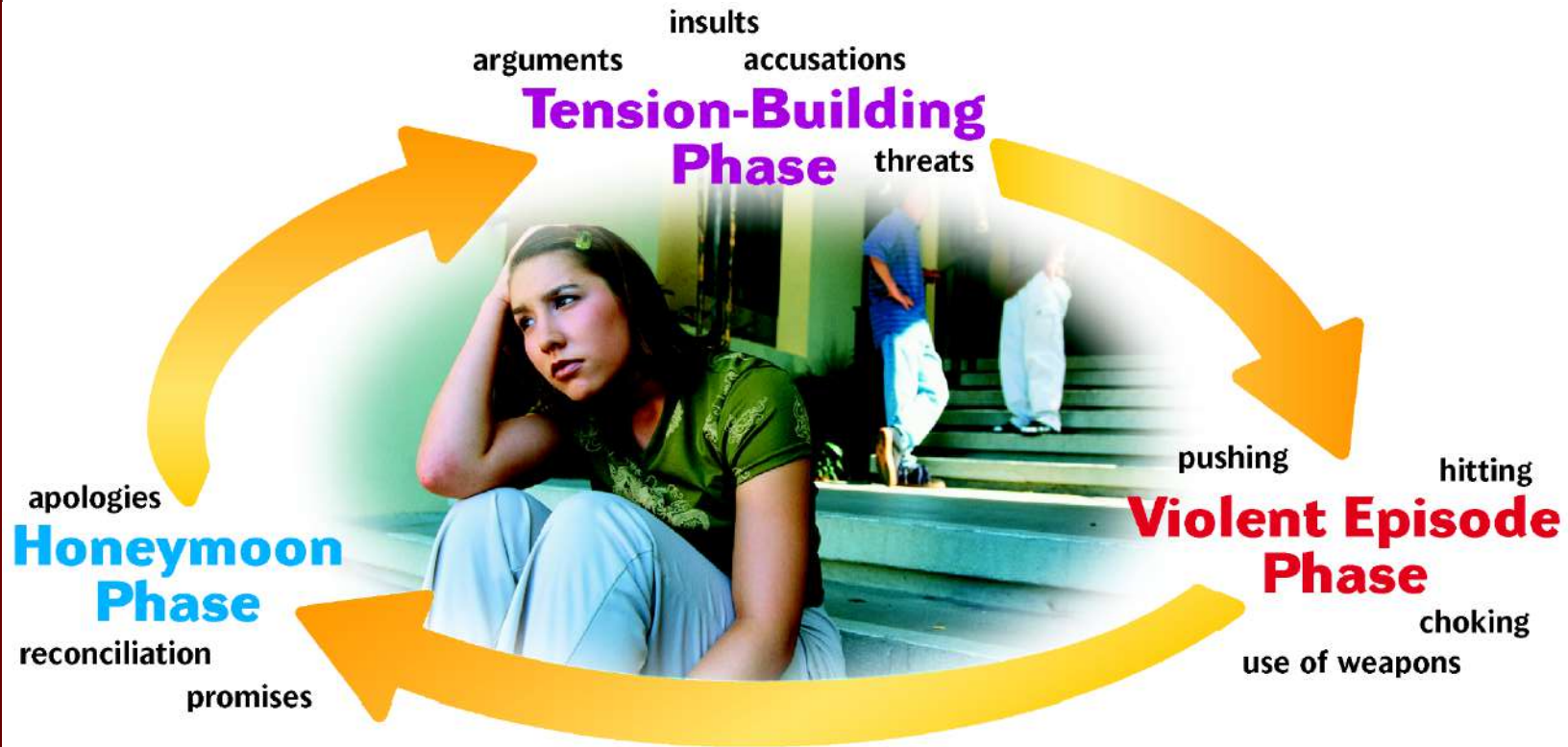


Photo – ©Lawrence Manning/CORBIS

ABUSE TYPES

- **Elder Abuse** Elders are sometimes abused in nursing homes or in their own homes.
- Elder abuse can be physical abuse, emotional abuse, or neglect.
- **Hazing** is harassing newcomers to a group in an abusive and humiliating way.
- Hazing may occur in gangs, sports teams, fraternities, or sororities.

HOW DO WE DEAL WITH ABUSE AND ABUSERS?

SEXUAL ABUSE AND VIOLENCE

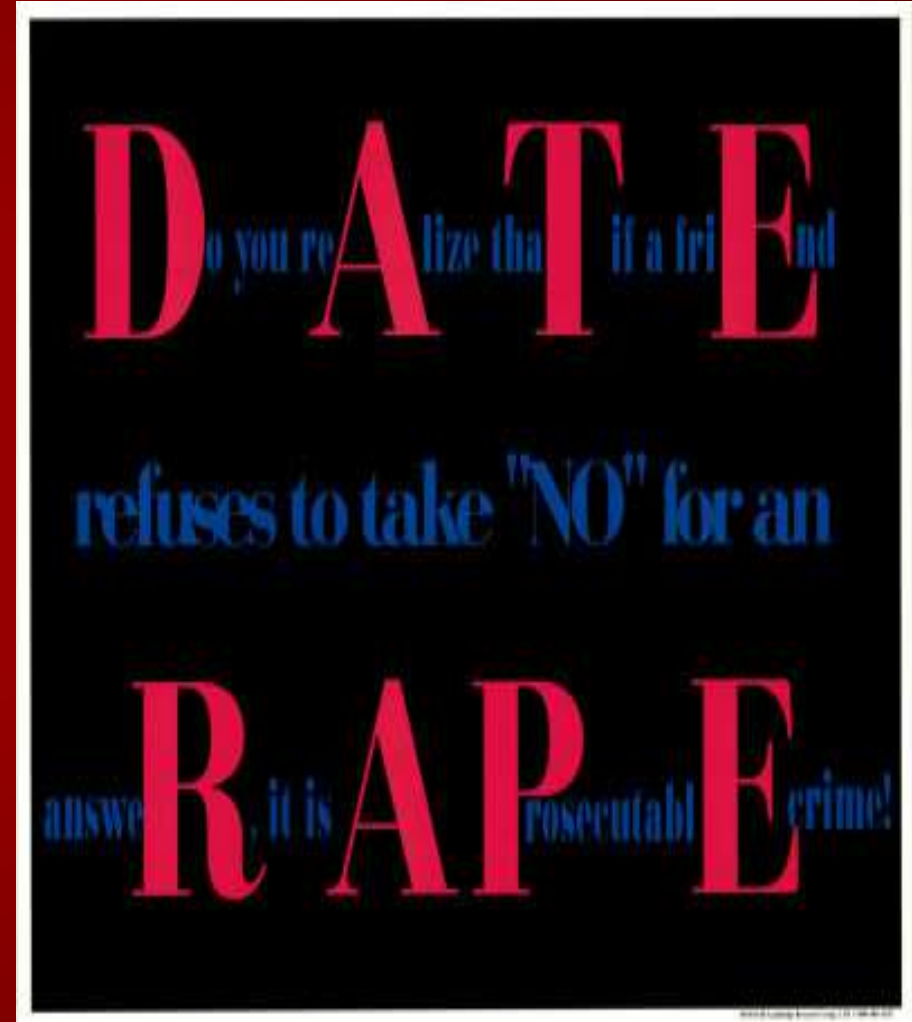
- **Sexual abuse** is any sexual act without consent.
- **Incest** is sexual activity between family members who are not husband and wife.
- When a child is sexually abused by someone he or she knows and trusts, the child may not recognize he or she is being abused.
- The child may also be too ashamed to tell someone about the abuse.

RAPE

- A person commits rape when he has carnal knowledge of:
 1. A female forcibly and against her will
 2. A female who is less than 10 years old

PUNISHMENT

Felony—death, life in prison, or 10-20 years



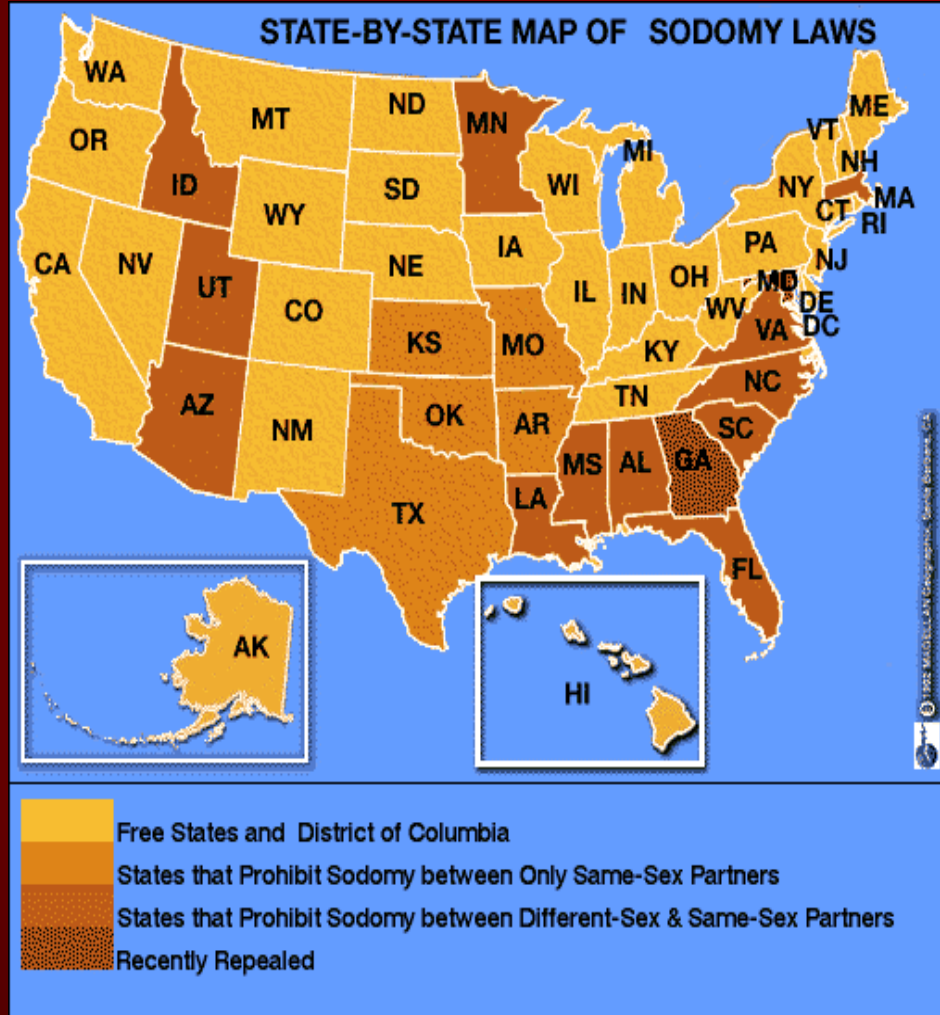
SODOMY

- When he or she performs or submits to any sexual act involving sex organs of one person and the mouth or anus of another

PUNISHMENT

Felony—1-20 years in prison

AGGRAVATED SODOMY



- When he or she commits sodomy with force and against the will of the other person

PUNISHMENT

Felony—life in prison or 10-20 years

STATUTORY RAPE

- When he or she engages in sexual intercourse with any person under the age of 16 years and not his or her spouse

PUNISHMENT

Felony 1-20 years

Misdemeanor—the victim is 14-15 and the offender is no more than 3 years old

CHILD MOLESTATION

- When he or she does any immoral or indecent act to or in the presence or with any child under the age of 16 years with the intent to arouse or satisfy the sexual desires of either the child or the person

PUNISHMENT

Felony—5-20 years in prison

AGGRAVATED CHILD MOLESTATION

- A person commits molestation which act physically injures the child or involves the act of sodomy

PUNISHMENT

Felony—10-30 years in prison

ENTICING A CHILD FOR INDECENT PURPOSES

- When he or she solicits, entices, or takes any child under the age of 16 years to any place whatsoever for the purpose of child molestation or indecent acts

PUNISHMENT

Felony 1-20 years in prison

PUBLIC INDECENCY

- When he or she performs any of the following acts in a public place:
 1. Sexual intercourse
 2. Lewd exposure of the sexual organs
 3. State of partial or complete nudity
 4. A lewd caress or indecent fondling of another person

PUNISHMENT—Misdemeanor

SEXUAL BATTERY

- When he or she intentionally makes physical contact with the intimate parts of the body of another person without the consent of that person

PUNISHMENT

Misdemeanor



AGGRAVATED SEXUAL BATTERY

- When he or she intentionally penetrates with a foreign object the sex organ of another person without the consent of that person

PUNISHMENT

Felony—10-20 years in prisons

SEXUAL ASSAULT/RAPE

- **Sexual assault** is any sexual activity in which force or the threat of force is used.
- **Date rape** is sexual intercourse that is forced on the victim by someone the victim knows.
- Most people who rape do so to gain power and control, not because they want sex.
- Alcohol and drugs can make you more vulnerable to sexual assault and rape.

SEXUAL ASSAULT VICTIMS

- Victims of rape and sexual assault may suffer the following effects
- Physical injuries
- Emotional trauma
- Pregnancy or sexually transmitted diseases
- Guilt and shame
- Trouble sleeping and eating
- Post-traumatic stress disorder

Protecting Yourself from Date Rape

- ▶ **When going on a date, know who the person is, where you are going, and what you will be doing. Make sure friends and family know this information too.**
- ▶ **Don't be alone with your date. Go on dates in public places.**
- ▶ **Go on double dates or group dates.**
- ▶ **Do not accept drugs or alcohol.**
- ▶ **Do not allow anyone to have an opportunity to put drugs in your beverage.**
- ▶ **Be wary of meeting anyone on the Internet.**
- ▶ **Know where a phone is at all times.**
- ▶ **Set limits, and communicate these limits clearly and firmly ahead of time.**

SEXUAL HARASSMENT

- **Sexual harassment** is any unwanted remark, behavior, or touch that has sexual content.
- Sexual harassment is most dangerous when the harasser holds a position of power.
- If you are being sexually harassed
 1. Tell the harasser to stop
 2. Report the harassment

HOW TO PROTECT YOURSELF

- **At Home** Keep doors and windows locked. Don't open the door to strangers. Know your neighbors and how to contact others for help.
- **On the Street** Don't go out alone, especially at night. Walk purposefully. Call for help if you feel threatened.
- **By People You Know** Use the skills you have learned for recognizing and preventing abuse.

HELP AFTER A SEXUAL ASSAULT

- If you have been raped or assaulted:
- Make sure you are away from further harm.
- Call for help.
- Don't change anything about yourself or your environment.
- Ask someone to take you to the hospital.
- Seek therapy or counseling.