

VIOLENT PLACES, DANGEROUS TIMES: DOES COMMUNITY VIOLENCE CONTROL YOUR LIFE?



Violence in neighborhoods and communities affects youth all across America. Think about your own community and ask yourself these questions:

- Are fights, gangs, and bullying part of daily life?
- Have you or your friends or family been threatened, bullied, or attacked?
- Are you on edge, like you have to watch your back all the time so you don't get caught off guard?
- Do you make sure to always keep up a strong front, so no one will mess with you or the people you care about?
- Have you seen someone get beaten, raped, or shot? Have people close to you been killed, or maybe hurt so badly they've never really gotten over it?
- Do you tell people—and yourself—that nothing gets to you, but sometimes you really feel the hurt?
- Do you want things to be different, for people to treat each other with respect instead of using violence to take control?

Can you relate to community violence? You can if you checked even one box here. You are not alone—and how you deal with community violence can make a difference in how your life unfolds. It doesn't matter how tough or cool you are: when terrible things happen it can affect how you feel, think, and act. Get important information about what you're experiencing and what you can do about it. Visit www.nctsn.org/sites/default/files/assets/pdfs/community_violence_reactions_actions.pdf.