

SIX WAYS TO RAISE CHILDREN TO Resist Violence

Did you know that violent behavior is often learned at a young age?

Protect your child by raising him or her in a loving and safe home. Surround your son or daughter with positive role models who can also provide loving support.

You know the old African proverb that says, *"It takes a village to raise a child."* While this is true, you can get help from far fewer people and do just as well. Research shows that a child needs a minimum of five caring adults to help him or her grow up happy and healthy.

In addition to fostering quality relationships for your child, there are specific actions you can take as he or she grows to prevent violent behavior.

Here are six strategies to help prevent your child from becoming violent:

Be nonviolent. Your child learns how to act in large part by watching you. Teach by example. Watch your tone and body language.

Build self-confidence. Pay attention to your child's interests. Is there something your child is good at? Praise their accomplishments. Provide support so your child can deepen his or her skills and abilities.

Avoid harsh punishments. Try to cool down before disciplining your child. Make sure the consequences are age-appropriate.

Teach conflict resolution skills. In addition to modeling how to get along with individuals you disagree with, teach your child how to negotiate, listen, have empathy and take responsibility for their actions.

Embrace the power of words. Name-calling and insults can encourage the target to react with violence. Help your child understand that some words can function as weapons and lead to a fight, an attack by a group or something worse.

Limit and discuss violent entertainment. Control the amount of time your child watches violent programs. Studies show they can have a negative impact. Watch TV shows and movies together and afterward discuss the real-life consequences of the violence shown. Make sure you view and talk about your child's video games, too.

No one wants a child to be hurt or to hurt another boy or girl. Raise your child to know that violence is a choice he or she doesn't have to make.

