

Youth Violence: Inside the Skin

STUDY GUIDE

THEME #1: Violence Begets Violence

- Michael's Story
- Anne's Story
- Sean's Story

Addresses:

1. Misplaced anger from childhood trauma
2. Learning the language of violence as a method of communication and self-expression
3. Lack of attention can be almost as violent as negative attention.

Breaking the cycle:

Working to break mental patterns can help you leave trauma in your past rather than bring it into the present. Work at choosing your thoughts rather than being controlled by them.

THEME #2: Boredom and Addiction

- Brad's Story

Addresses:

1. Causes of boredom, a known factor in youth crime. Programming your kids with "busy-ness". TV, computers, media, entertainment mentality = high incidence of boredom.
2. Emotional rush = chemical rush
3. Addiction to chemicals through emotion, adrenaline, and substance abuse.

Breaking the cycle:

Becoming aware of the signs of obsessive-compulsive behavior and using the psychological antidote for that syndrome: becoming mindful of the desire. Observing oneself and stepping out of the "reaction" mode.

THEME #3: Followers and Leaders

- Kisha's Story
- Mark's Story
- Sean's Story

Addresses:

1. Status-seeking
2. Insecurity
3. Low self-esteem
4. Lack of conscience mistaken for leadership
5. Running with the wrong crowd

Breaking the cycle:

Knowing who and what you are. Choosing friends who are givers, not takers. Understanding that true strength is not the same thing as force. Being comfortable standing alone. If you seek substitute parents, choose someone who has your best interest at heart; realize you are choosing rather than simply responding to another person's attention.

OVER-ARCHING CONCEPT: BE AWARE OF CHOICES.

- James' Story