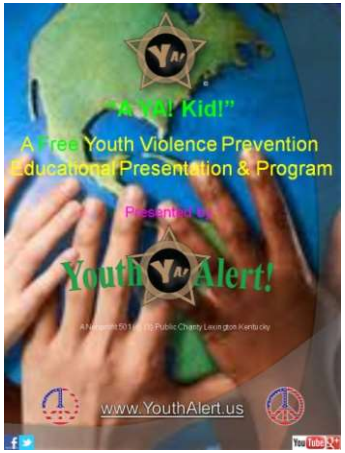




Presents

YouthAlert! (YA!) Violence & Bullying Prevention/Health Program





Violence & Bullying Prevention and Healthy Lifestyles

Where Youth and Adults Meet HALFWAY to Reduce Violence & Bullying

Our Mission: To Reduce Violence & Bullying TEN PERCENT Through Volunteerism, Education, and *Teamwork*.

Part II of III - Welcome!

Media - Knowing The Difference



Greater Forces



Greater Forces

God, Nature or Both Depending on your Beliefs



Human Made



Made by us Mortals



Macho
Great Thing
Celebrate Yourself



Mean
Horrible Selfish Thing



Super Fun
Peace & Fun Together



Violence
Very, Very Bad Pain

Media - Knowing The Difference



Fake



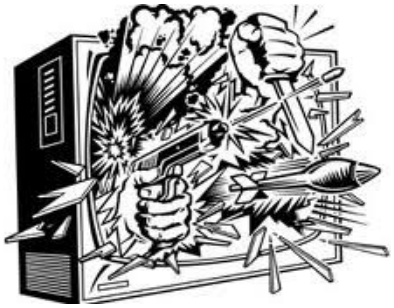
Real



Perception



Reality



TV Violence



Movie Violence



Music/Game Violence



An Apology



Hunan Made vs. What's made by Greater Forces



Don't fall in love or get married to any "thing" but your spouse

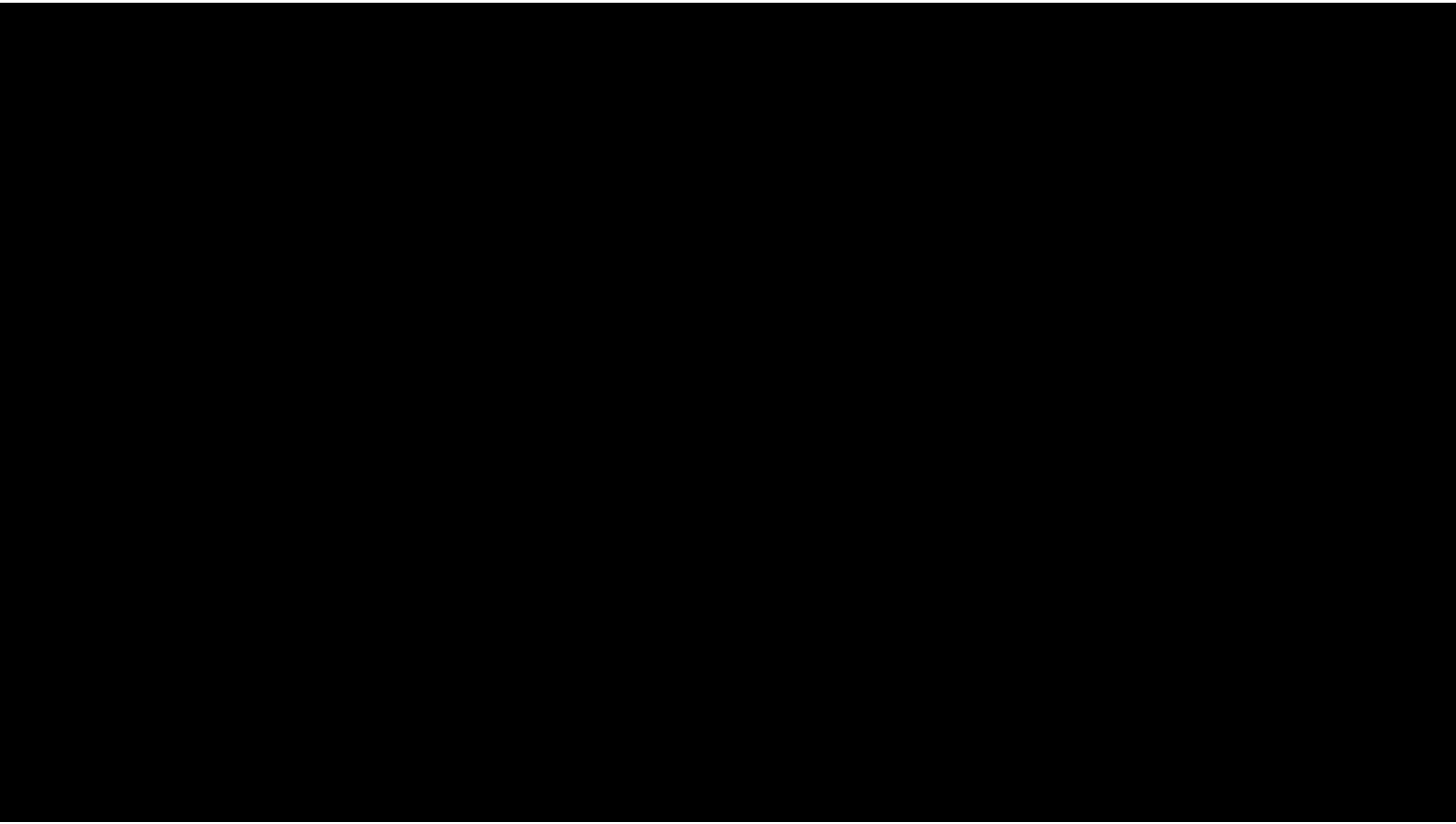
Media - Knowing The Difference

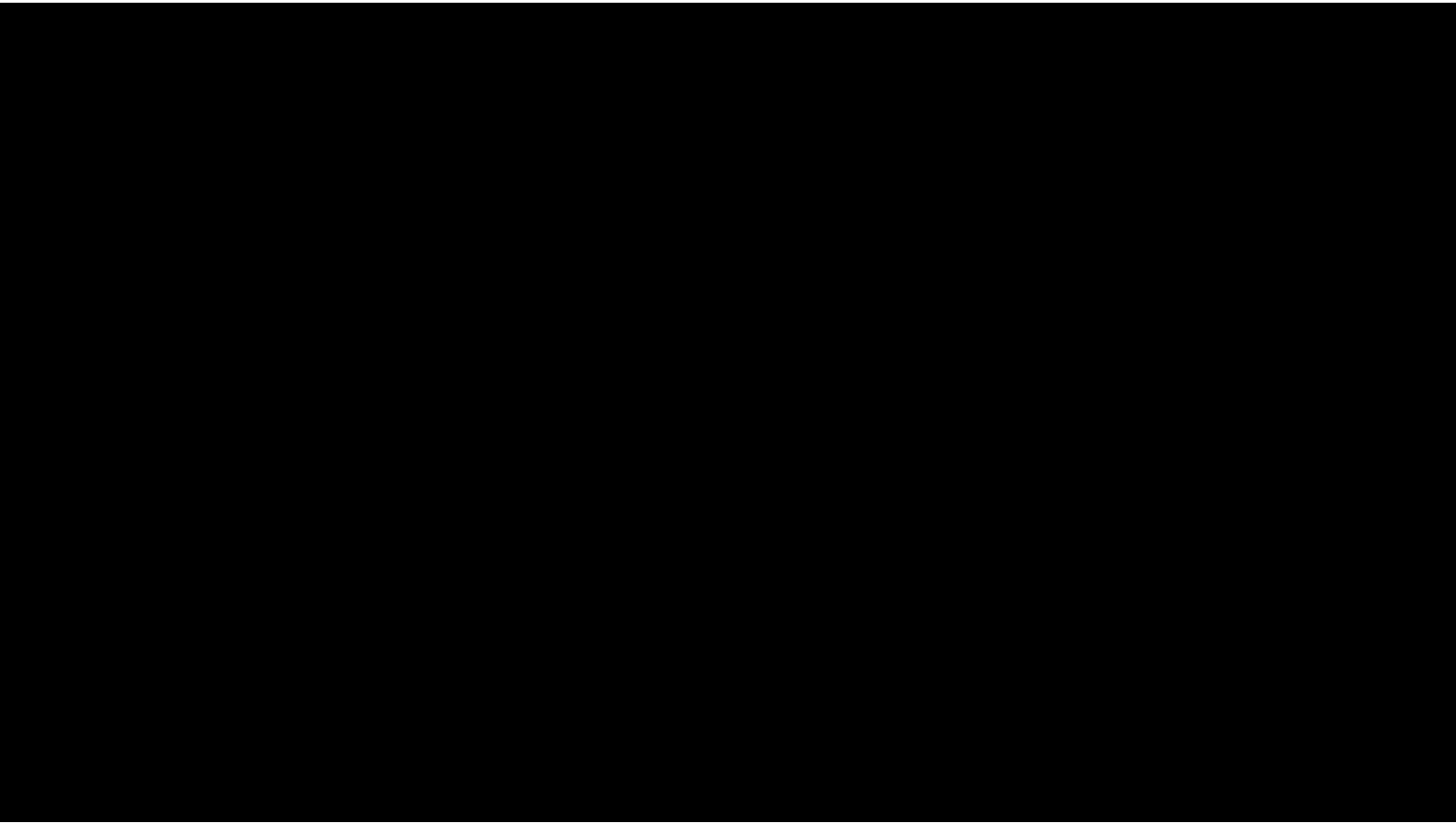


The Real Thing

The Kind that causes Very, Very, Bad Pain

Not Digital, Computer, Make-Believe, Play, Violence









Knowing The Difference between Fake and Reality

“The conclusion of the public health community, based on over 30 years of research, is that viewing entertainment violence can lead to increases in aggressive attitudes, values and behavior, particularly in children.” (AAP 2000)

"The evidence is now clear and convincing: Media violence is one of the causal factors of real-life violence and aggression.” (AAP 2009)

American Academy of Pediatrics (AAP)

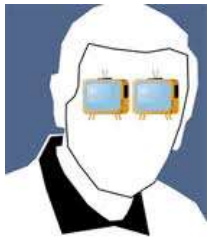
Teaching parents to switch channels from violent shows to educational TV can improve preschoolers' behavior, even without getting them to watch less, a study found. "It's not just about turning off the television. It's about changing the channel. What children watch is as important as how much they watch.“ (UW 2013)

Seattle Children's Research Institute, University of Washington

The world's oldest man has died in Tokyo at the age of 112, two months short of his 113th birthday. Yasutaro Koide was born on March 13, 1903, and said his secret to a long life was not to overdo it, or drink or smoke.



Your Internal Identity is Good and Equal to anyone that ever lived







Full Brain Development, 24 Years Old. A little careful



Your Own True Choices

Don’t Over Do it.



A coalition of community-based organizations and funeral homes brought together by 211 Community Impact, is organizing "The Funeral to Bury Violence in Newark."

The purpose of this event is to magnify theimpact that the senseless violence and killing surging through our city has on every resident and to organize a collective stand in support of community healing and renewal.

Bullying is Violence



2nd Worst From of Non-Lethal Violence

Much Worst Then You Heard

Bullying is Forever





Hitting and Stealing

Because I Can? If might is right,
then right is *wrong. Not always going to be the mightiest*

Bully Speak – More Bullying, No Partial Admission



Gossip – *Good & Bad*

Praise is O.K.

Worst Words used by Youth against Youth S & S.

Friends Don't Bully Friends



Domination -
Interfering, Blocking, Distracting,
Disrupting, Interrupting,
Limiting/Making Your Choices For You

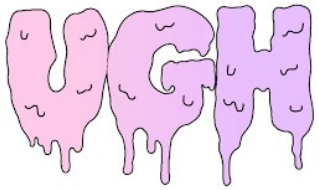


Jokes/Teasing – *Both Laughing?*



Ridicule – Insults, Name Calling/Laughing/Mocking/Taunting/Cat Calling

Shunning



Worst Most Hurtful Bullying Words - Overlap





Death

Drink bleach
Go kill yourself
Your worthless
If you died no one would miss you
Why don't you disappear
Why don't you die

Your Inferior

Disability
Retard/Mental
Get out of our school
You don't belong here
Immoral
Different in a bad way
Clothes
Way you talk or move
Get lost

I'm Superior

I'm better than you
My…… is better than yours
I'm not your friend

What Other People Think

Nobody likes you
Nobody likes what you did
No one wants to be friends with you
You have a bad reputation
People say your a bad person
Keeping secrets

Sexuality

Gay/Faggot/Queer etc
Get out of our school

Things You Have Little or No Control Over

Your heritage or your religion
Your appearance, hair, features

Gang Up on You

Solicit others to fee the same way

Victimization is not a conflict. It does not need a resolution it needs justice, a consequence or a punishment.
It moved beyond a conflict, there is now damage or an attempt to damage. i.e. Violence.
Conflict is where violence was not yet done. It restorative justice not restorative resolution.

Bullying is Violence

Long Term Effects of Bullied Youth



Health Problems



Closeness Problems



*# 1 Concept – **Forever***

The Greatest Force in the Universe

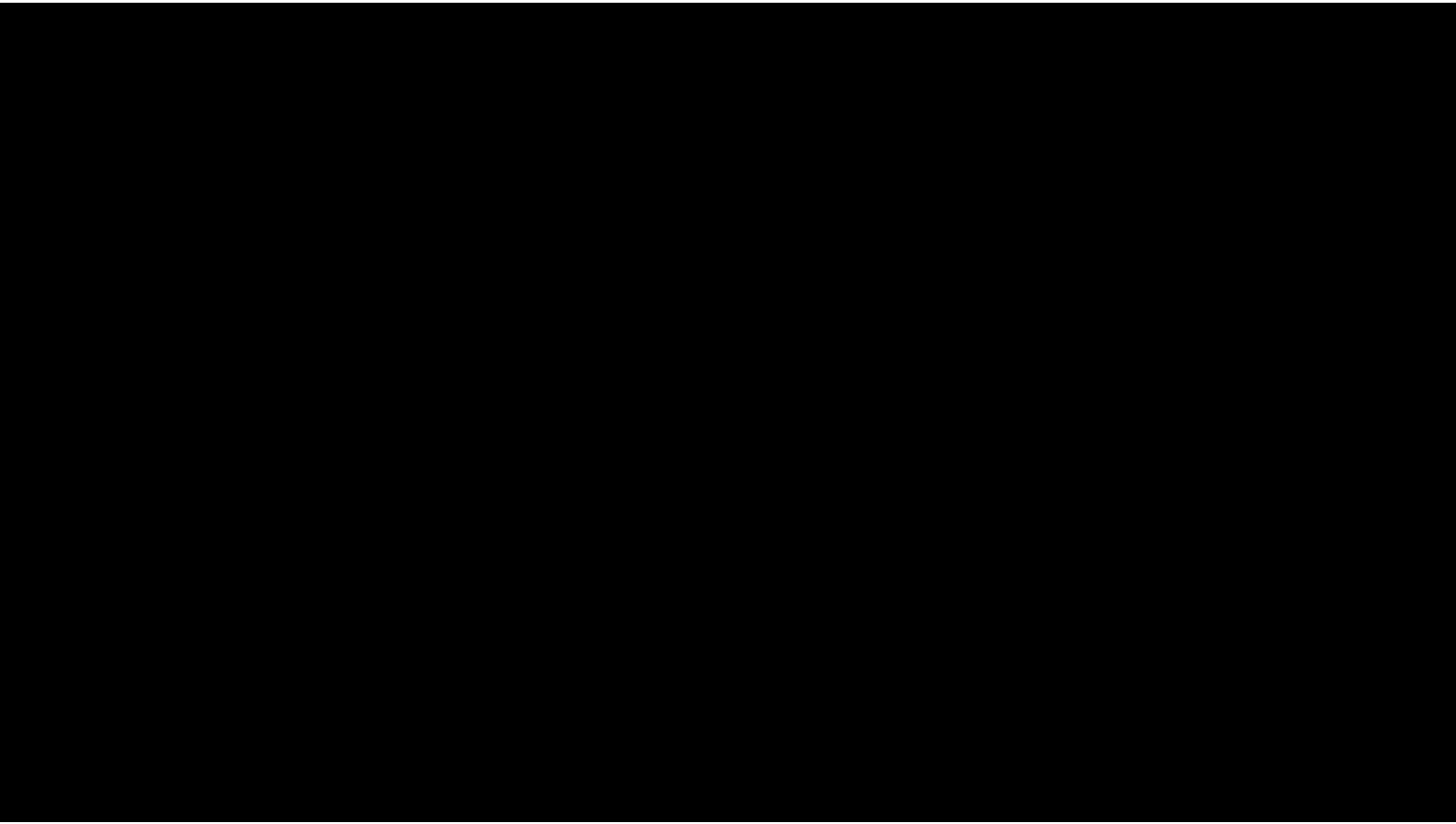


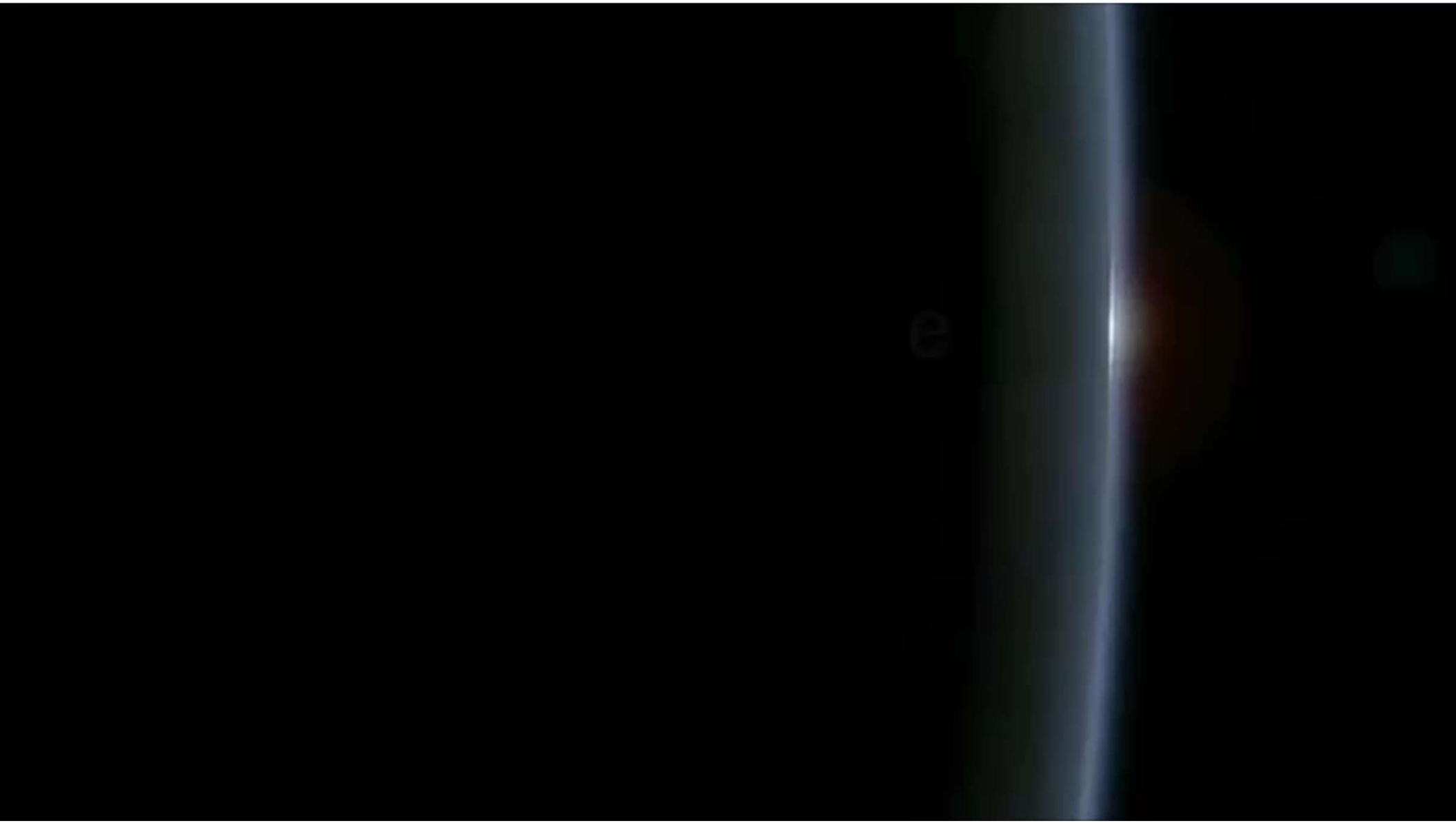
Relationship Problems



Pain Remains 85 years later







Can I Get a WITNESS

Bully Survival Story? Will you Share your Bully Story?

Nothing better then a live Witness. Live Witnesses are the best Teachers possible.





Tell Somebody!!!!!! Get it Stopped!!!!!!
Otherwise can't learn and not learning what's really important in life.

Let us Adults be the Hero. There is no shortage of caring people anywhere

Nobody helped?
Your not asking the right people or enough people. Find your hero.

Volunteer, Come Up
No Names or Identities Please

Don't Suffer in Silence.
Don't Suffer for One Second.
And Don't Change. Magic No. 2

Be a Champion for Justice,
the One Fact of Life. Their Flaw, a Mirror.

We Love Happy Endings
Could your ending been happier?



Bullying is Violence

Immediate Effects of Bullied Youth



Poor Learning – Bad Grades





Drug/Alcohol Use



Over Eating/Bingeing

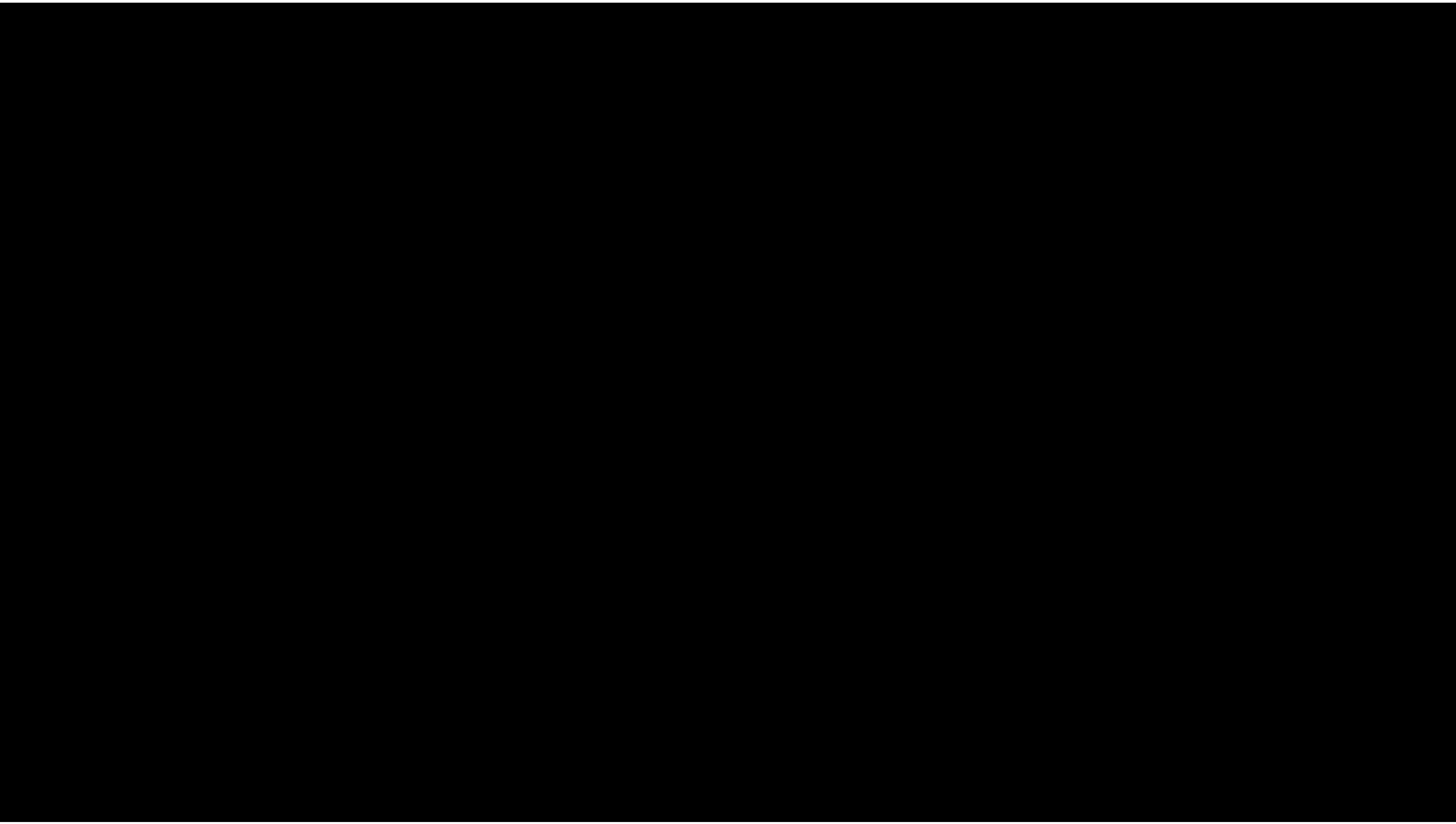


Loss of Control – Getting Angry Quickly



Mental Health Problems
Depression

In 2013, a survey of by the Kentucky Department of Education found 15,512 incidents of bullying in the 2012-13 school year (WLEX October 2015)



Internet Cyber Safety - Don't Suffer in Silence. You Need to Learn How to Block

To block someone on Facebook
Click at the top right of any Facebook page.
Click How do I stop someone from bothering me?
Enter the name or email address of the person you want to block and click Block.
If you entered a name, select the specific person you want to block from the list that appears.

To block someone on SnapChat
To block a Snapchatter who added you follow the steps below:
Tap 'Added Me' on the Profile Screen.
Tap their name, then tap next to their name – or simply swipe left on their name.
Press 'Block' to prevent them from sending you Snaps, Chats, or from viewing your Story.

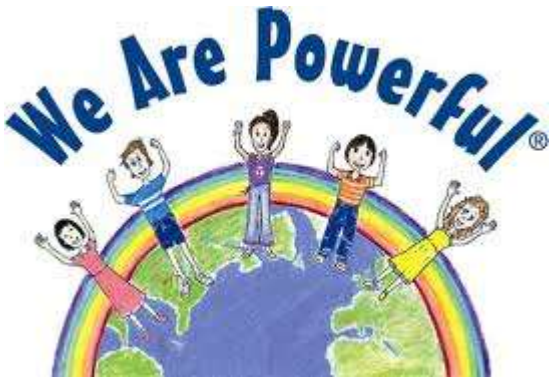
How to Block Someone on Twitter
1. Click on the offender's name. You can do so from your Twitter feed or from your Followers page.
2. Hit the Gear button.
3. Select Block (username).

The offending person won't be able to see your tweets on his or her timeline, nor will you be able to see theirs. They also won't be able to follow you or add your account to their lists. Of course, if your Twitter profile is public, all someone has to do is look up your name and go to your profile to see your tweets, so be sure to lock your account if you want some privacy.

To block or unblock someone on Instagram
Tap their username to open their profile.
Tap (iPhone/iPad), (Android) or (Windows)
Tap Block User. Instagram is the latest internet company to step up efforts to hide content from users, implementing an automatic blur feature for images it deems "offensive".

How to Block a Number on Any Phone | PCMag.com.
To **block** calls, open the **Phone** app, select Call History, tap the number, then select **Block** Contact or **Block** Caller.
To **block** calls, open the **Phone** app, select Menu > Settings > Call Reject > Reject Calls From and add numbers.
To **block** calls for numbers that have called you, go to the **Phone** app and open the Log.

Bullying is Violence – Bullying is Forever







Kids are *really, really, really, really, really* powerful

School is 9% and the best part of some kids day. Don't ruin it for them! Some kids get the recognition and respect at school they don't get enough of outside school. Sharing life experiences not just school experiences.
T.H.I.N.K. before you speak and before its too late.



And Bullies are Targeted

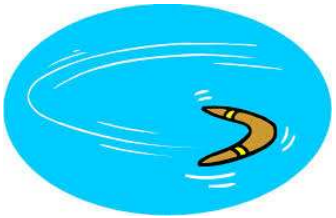


There is Always A Bigger Bully





#1 THE RULE of Violence and Bullying



If you do violence to someone, violence will be done to you. I f you bully someone, you will be bullied. Bullies were once bullied. Join the serious criminal activity. You announce you are free game for all serious criminal activity.



You might think there differ in type of criminal activity but now one else will. It not fair but that's the way it is. Do you expect fairness from serious criminal? They know police and the justice system will not be so fast to have your back.



You will not fulfill your destiny. Once you get in the pool you get wet. Living the life means you are more likely to loose your life. Lose the game. Oxymoron. Living on the edge. When you love on the edge you are more likely to fall off the edge. That means death. Do serious activity to survive is a false choice.



Criminals prey on criminals. The is no honor among thieves. Violence Begets Violence. Doing Violence and Bullying to others, brings Violence and Bullying to you. What goes around, come around. Live by the Sword, Die by the Sword



93 billion dead people can't help you or you or your close unit. Don't join the silent majority. Stay in the noisy minority, the living.



It hard to not get hurt when you do nothing wrong, (stay bullets) you create even a more dire situation when get involved in serious criminal activity.

Misery loves company, unnecessary risk takers want you to become an unnecessary risk takers. Makes them feel better, not alone, but will make you feel worse, much worse. Somebody ever ask you to take a unnecessary risk?



How to Be An Upstander in Person

Top Five – *First say it then do it live*

1. D-CTF-I (distract-change the focus-interrupt) – Call them over
   – Go over and speak to them

2. BH (bring help) – There is Power in Peer Numbers

3. GH (get help) – There is Power in Adult Authority –
   Your Not Tattling

4. SBT-HWT (stand by them-hang with them)- Two are Stronger than One

5. CTB (challenge the bully) – Challenge their Bad Behavior
   - Last Option

Teen Depression





The State of Mental Health Among U.S. Adolescents
Child Trends Adolescent Health Highlights Series

Research shows that approximately **one in five** adolescents has a diagnosable mental health disorder, a leading cause of disability among this age group.

More than half of all mental disorders **begin by age 14.**



The most prevalent mental disorder experienced among adolescents is **depression,** with more than one in four high school students found to have at least mild symptoms of this condition. A majority of adolescents with mental disorders **do not** seek out or receive treatment.

About one-third find mental health care inaccessible and more then four in 10 see cost as a barrier to treatment. (Action Alliance September 2015)

Nearly one in five American adults, or 43.7 million people, experienced a diagnosable mental illness in 2012 according to SAMHSA. These results are consistent with 2011 findings. (SAMHSA December 2013)

Depression Definition

Depression (major depressive disorder or clinical depression) is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with depression, the symptoms must be present for at least two weeks.

Signs and Symptoms of Depression

If you have been experiencing some of the following signs and symptoms most of the day, nearly every day, for at least two weeks, you may be suffering from depression:

Persistent sad, anxious, or "empty" mood
Feelings of hopelessness, or pessimism
Irritability
Feelings of guilt, worthlessness, or helplessness
Loss of interest or pleasure in hobbies and activities
Decreased energy or fatigue
Moving or talking more slowly
Feeling restless or having trouble sitting still
Difficulty concentrating, remembering, or making decisions
Difficulty sleeping, early-morning awakening, or oversleeping
Appetite and/or weight changes
Thoughts of death or suicide, or suicide attempts



Persistent depressive disorder, Perinatal depression, Psychotic depression, Seasonal affective disorder, Bipolar disorder, disruptive mood dysregulation disorder, premenstrual dysphoric disorder

National Institute of Mental Health (NIMH) 2016

One of the Internal Obstacles to Identity Control - Mental Health

Adolescents can reduce stress, and promote resilience and other aspects of positive mental health with a number of strategies:

Get regular exercise (e.g., yoga, running, martial arts, team or individual sports)
Eat regular meals
Avoid using excessive caffeine (coffee, tea, soft drinks, energy drinks, etc.)
Avoid illegal drugs, alcohol, and tobacco
Learn relaxation techniques (e.g., deep breathing, progressive muscle relaxation, meditation) We breath 25,000 breaths a day.
Develop assertiveness skills (e.g., how politely but firmly to say "no," or to state one's feelings)
Rehearse and practice responses to stressful situations
Break down large tasks into smaller, more attainable tasks
Learn to recognize and reduce negative self-talk. Challenge negative thoughts about oneself with alternative neutral or positive thoughts. We have 70,000 thoughts a day.
Avoid demanding perfection from oneself or others; instead, learn to feel good about doing a competent or "good enough" job
Take a break from stressful activities or situations. Engage in a hobby, listen to music, or spend time with a pet
Build a network of friends who can help one to cope in positive ways



Source: American Academy of Child & Adolescent Psychiatry (AACAP). (2006). *Facts for families: Helping teenagers with stress*.





Rhythm of Breathing Affects Memory and Fear

NEUROSCIENCE NEWS (HTTP://NEUROSCIENCENEWS.COM/AUTHOR/NEUROSCIENCENEW/) × DECEMBER 7, 2016

Summary: A new study reports the rhythm of your breathing can influence neural activity that enhances memory recall and emotional judgement.

Source: Northwestern University.

Breathing is not just for oxygen; it's now linked to brain function and behavior.

Northwestern Medicine scientists have discovered for the first time that the rhythm of breathing creates electrical activity in the human brain that enhances emotional judgments and memory recall.

These effects on behavior depend critically on whether you inhale or exhale and whether you breathe through the nose or mouth.

In the study, individuals were able to identify a fearful face more quickly if they encountered the face when breathing in compared to breathing out. Individuals also were more likely to remember an object if they encountered it on the inhaled breath than the exhaled one. The effect disappeared if breathing was through the mouth.

"One of the major findings in this study is that there is a dramatic difference in brain activity in the amygdala and hippocampus during inhalation compared with exhalation," said lead author Christina Zelano, assistant professor of neurology at Northwestern University Feinberg School of Medicine. "When you breathe in, we discovered you are stimulating neurons in the olfactory cortex, amygdala and hippocampus, all across the limbic system."

The study was published Dec. 6 in the *Journal of Neuroscience*.



How to say NO *politely*



No insults. Say it Twice and Twice only. But differently each time. Repeating is rude. Adults to this everyday.

You are Human you have the power of true choice – Use it early and often. No is a stress buster.

Misery loves company, unnecessary risk taker want you to become unnecessary risk taker. Some Suggestions

No Thanks

No Thank You

No, I'm good

I appreciate you thinking of me but no thank you

As I said, I appreciate you thinking of me but the answer is no

I already said no

I already told you no

I refuse

No means no

I'll make up my own mind thank you

Did you not hear me, I said no

Let me think about it

I'll get back to you

Move away please

I'll pass

No way

I'm cool



What if they don't take no for a answer? That is then bullying and threatening behavior – Violence
See Plan A though F later in the presentation. *What if?*
If they want you to do violence, they worship something above your friendship. A primal force.



The most comprehensive assessment of the energy output in the nearby universe reveals that today's produced energy is only about half of what it was 2 billion years ago. A team of international scientists used several of the world's most powerful telescopes to study the energy of the universe and concluded that the universe is slowly dying.

Thinking Good /Worrying Bad

Thinking Helps

Worrying Never Helps and Might Hurt Thinking

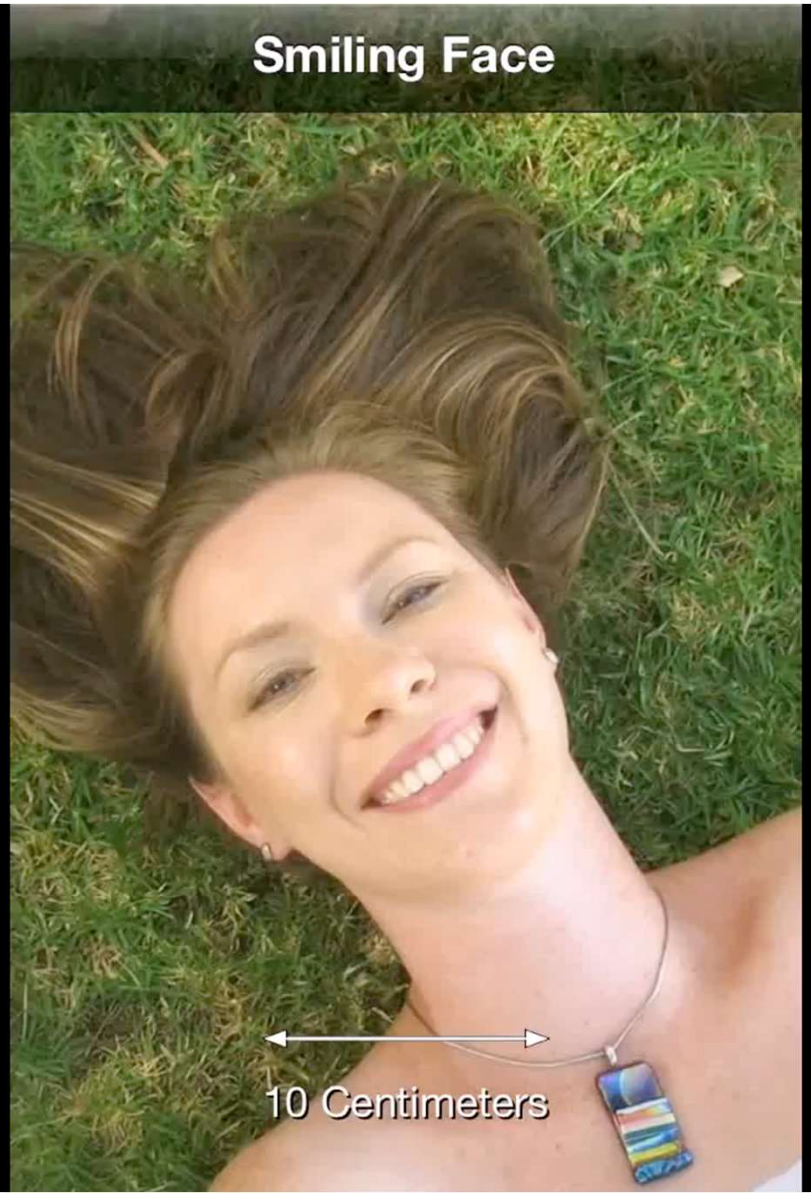
How Do Your Worries Stack Up To This?



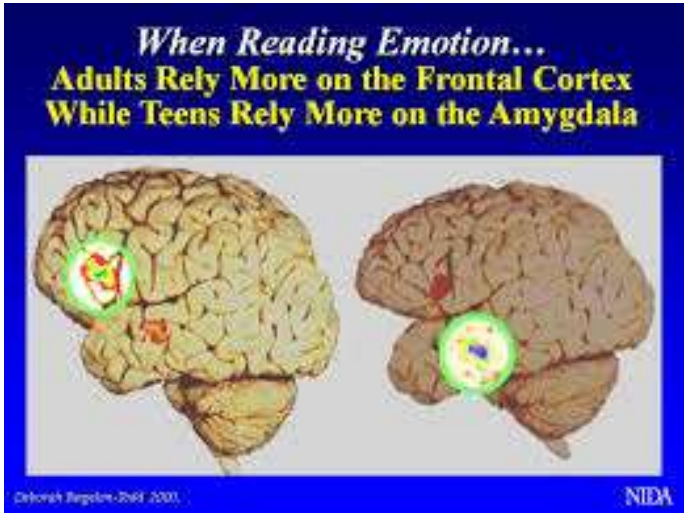
If you MUST worry
Created 13.7 Billion years ago
100 Billion years From Now
The end of all this.

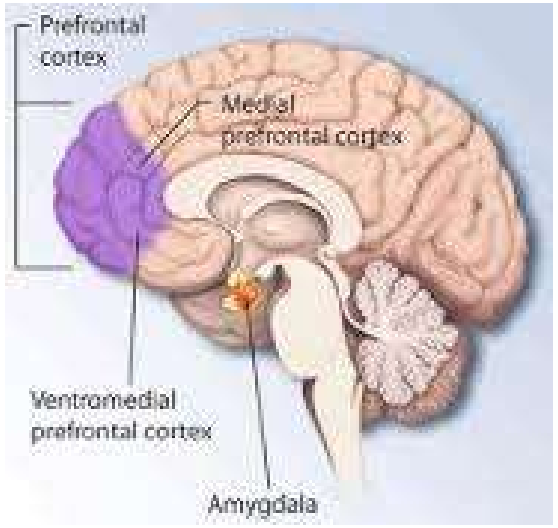
How Do Your Problems Compare To This?



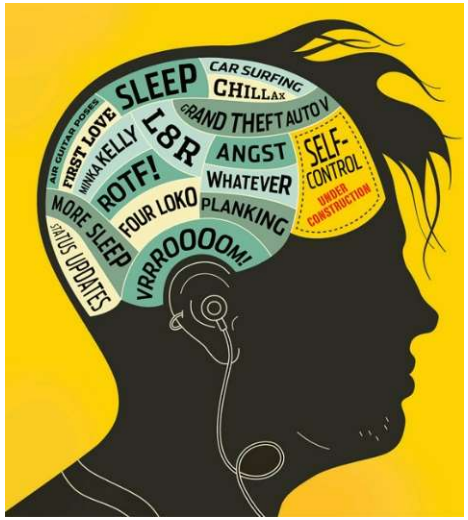

Smiling Face
10 Centimeters

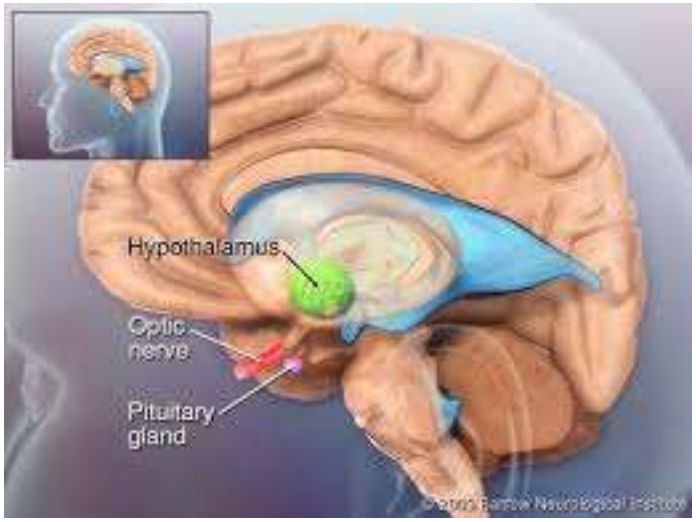
Youth Brain Development – Frontal Lobes





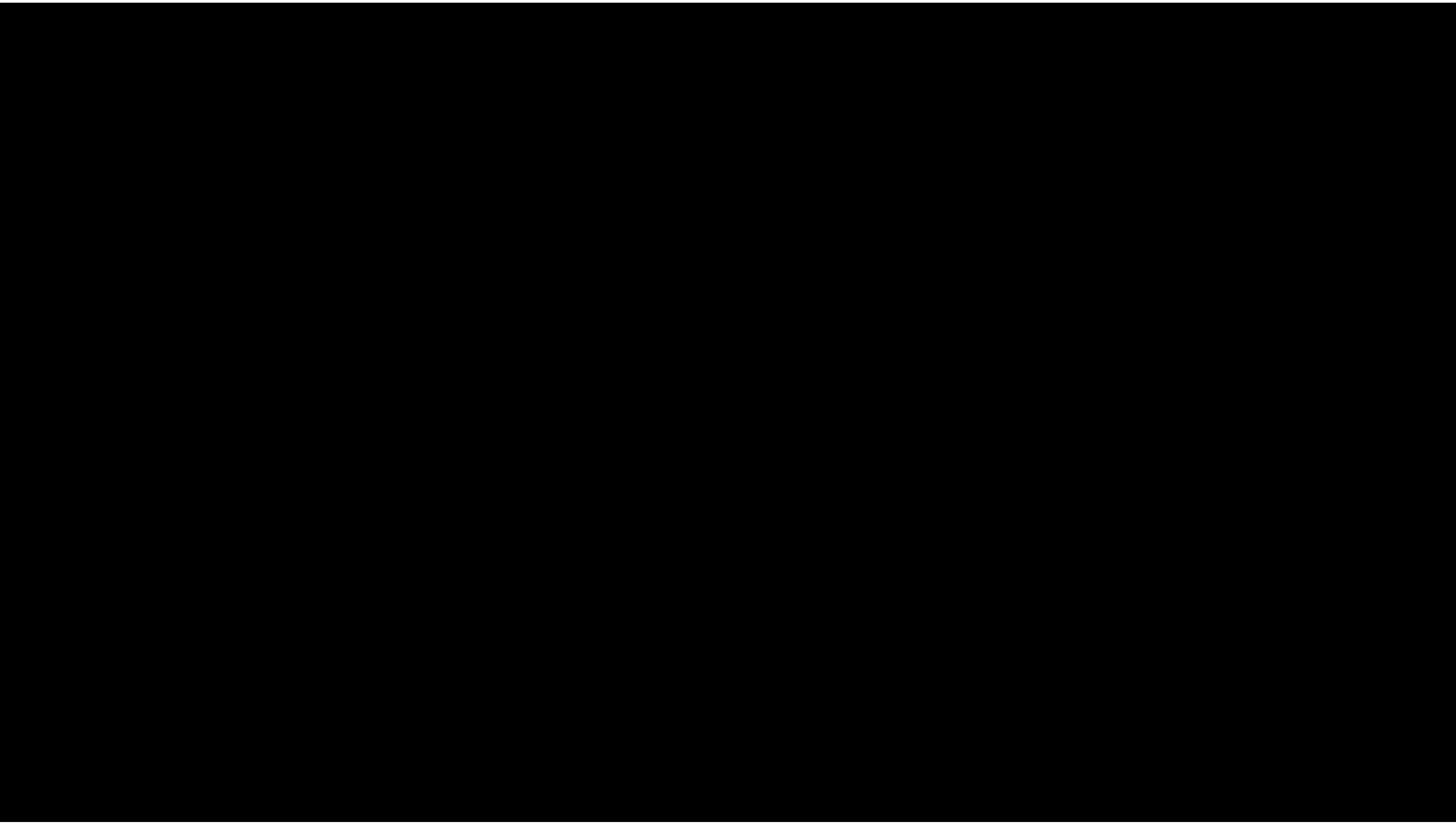
"The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults" A parenting guide laced with the latest MRI studies.
Adolescents suffer from the cerebral equivalent of defective spark plugs.
"When we think of ourselves as civilized, intelligent adults, we really have the frontal and prefrontal parts of the cortex to thank,"
But "teens are not quite firing on all cylinders when it comes to the frontal lobes."





Researchers studying more than 1,400 brains found it impossible to categorize them as either male or female.
While different regions of the brain show male or female characteristics, brains with all-male or all-female characteristics were extremely rare.
Los Angeles Times November 2015.


NEWS
NEWS



Do Not Underestimate Justice

Consequences - Youths Blind Spot



2 Million in Prison – 7 Million In Justice Sys.



Be Judged



No Control



Not Too Young



Do Not Underestimate Justice

Don't Understand the Adult World?



Violence in Prison



2,589



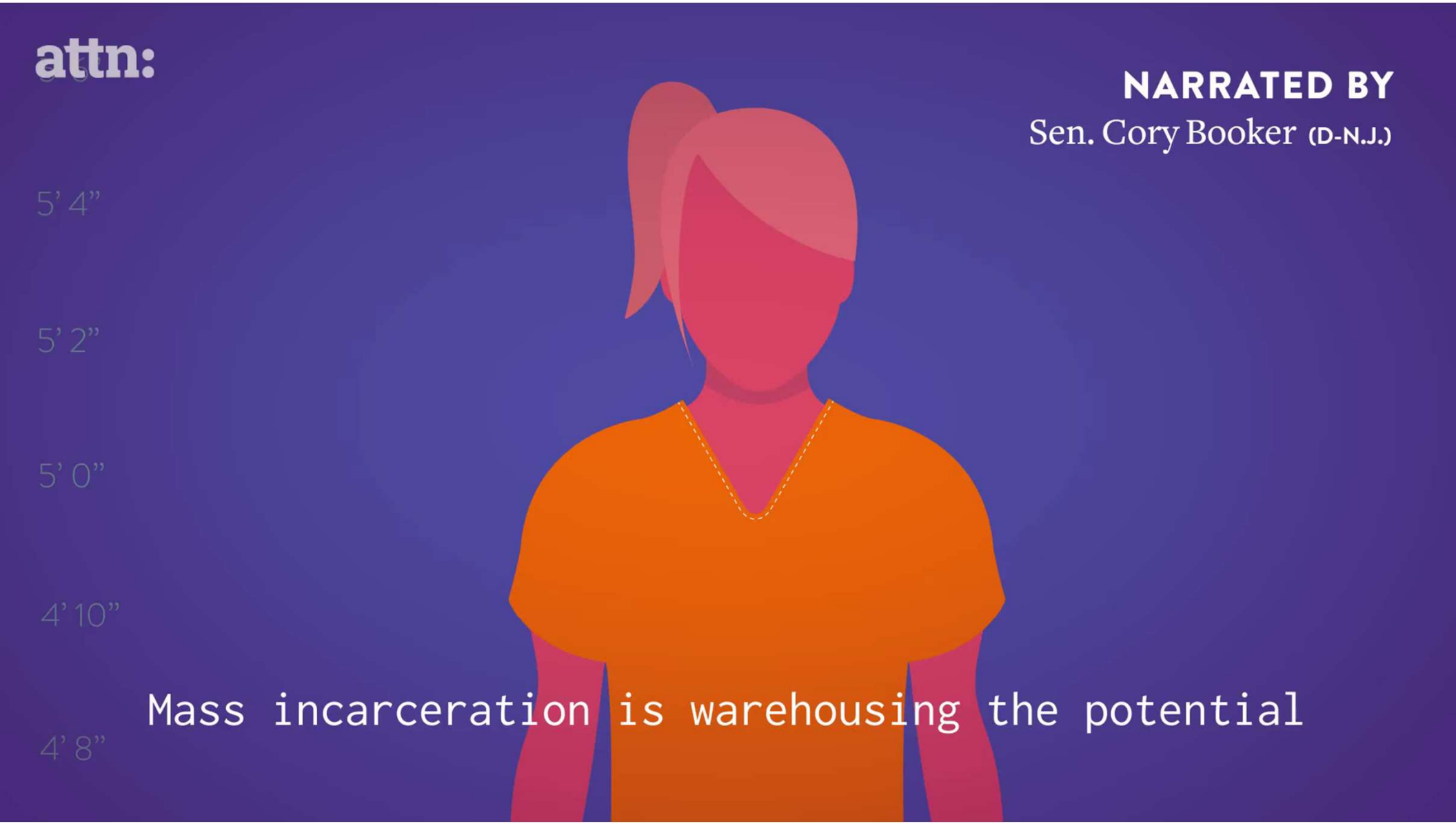
Prison is Awful

Should Be – Punishment
Should be Fee and Independent
The Unhappiest Place on Earth



Everyone is in Last Place

There is no Violence
Hall of Fame


attn:
NARRATED BY
Sen. Cory Booker (D-N.J.)
5' 4"
5' 2"
5' 0"
4' 10"
4' 8"
Mass incarceration is warehousing the potential

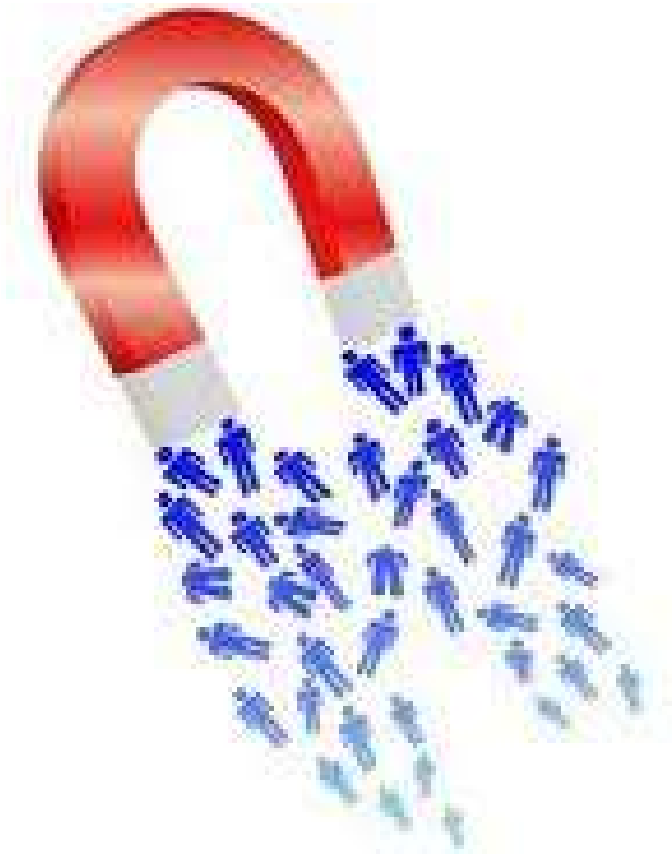



WKYT
5:59
75°

Weapons Of Violence – Power Demagnetizers



Human Made





20,000 Gun Laws in the U.S.













80% Water –Shooting Game of Skill but
No Skill Shooting Water



Self Destruction

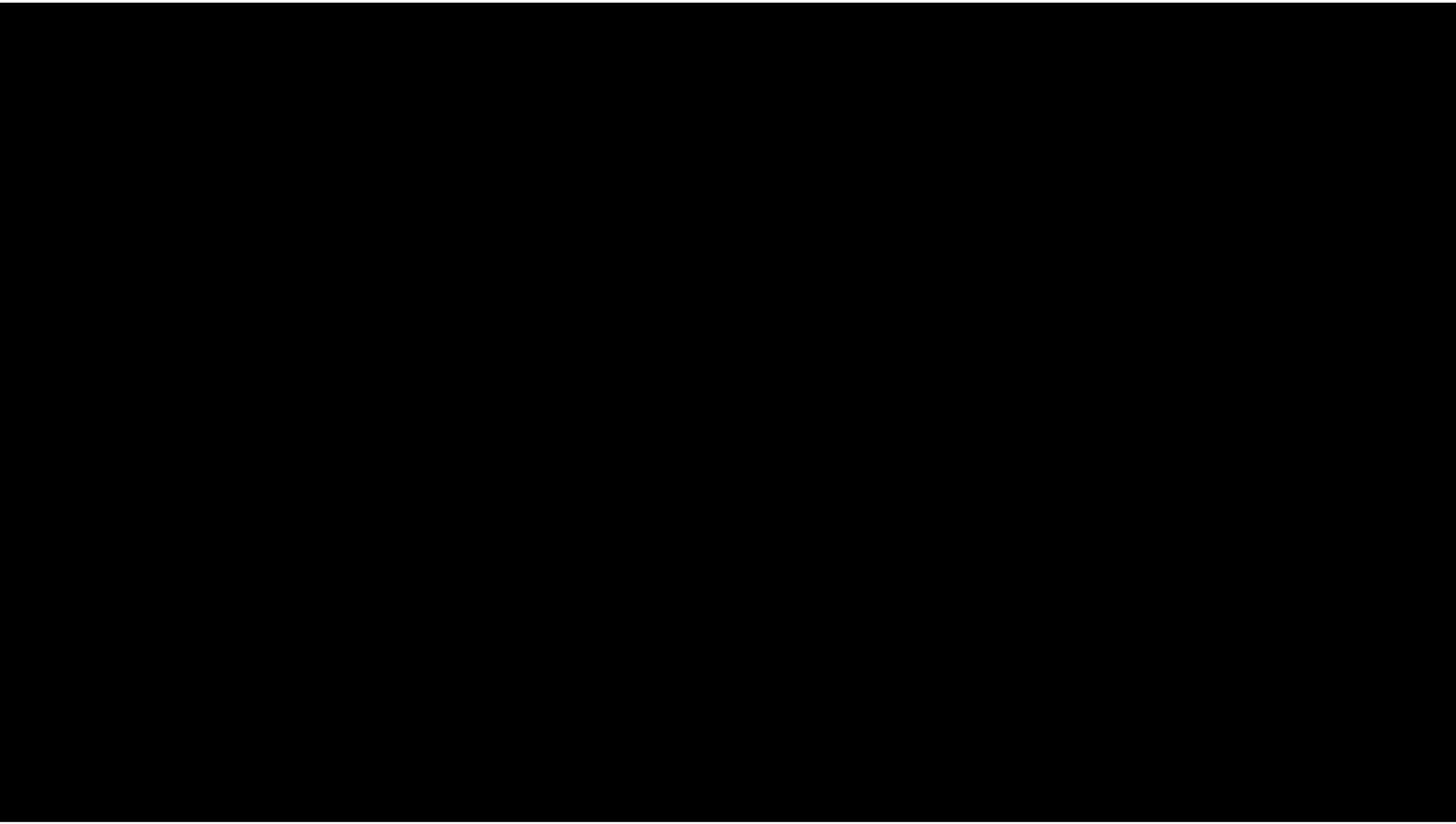


We only care about True Choices

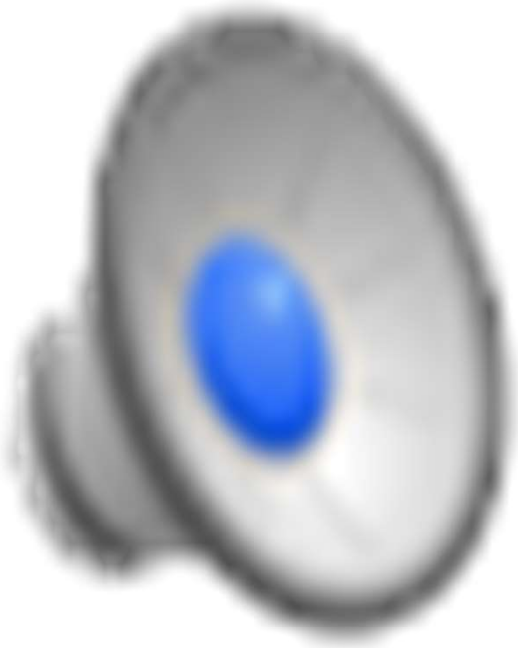



PIERS
MORGAN
INTERVIEW
SNOOP'S NEW SONG: 'NO GUNS ALLOWED'

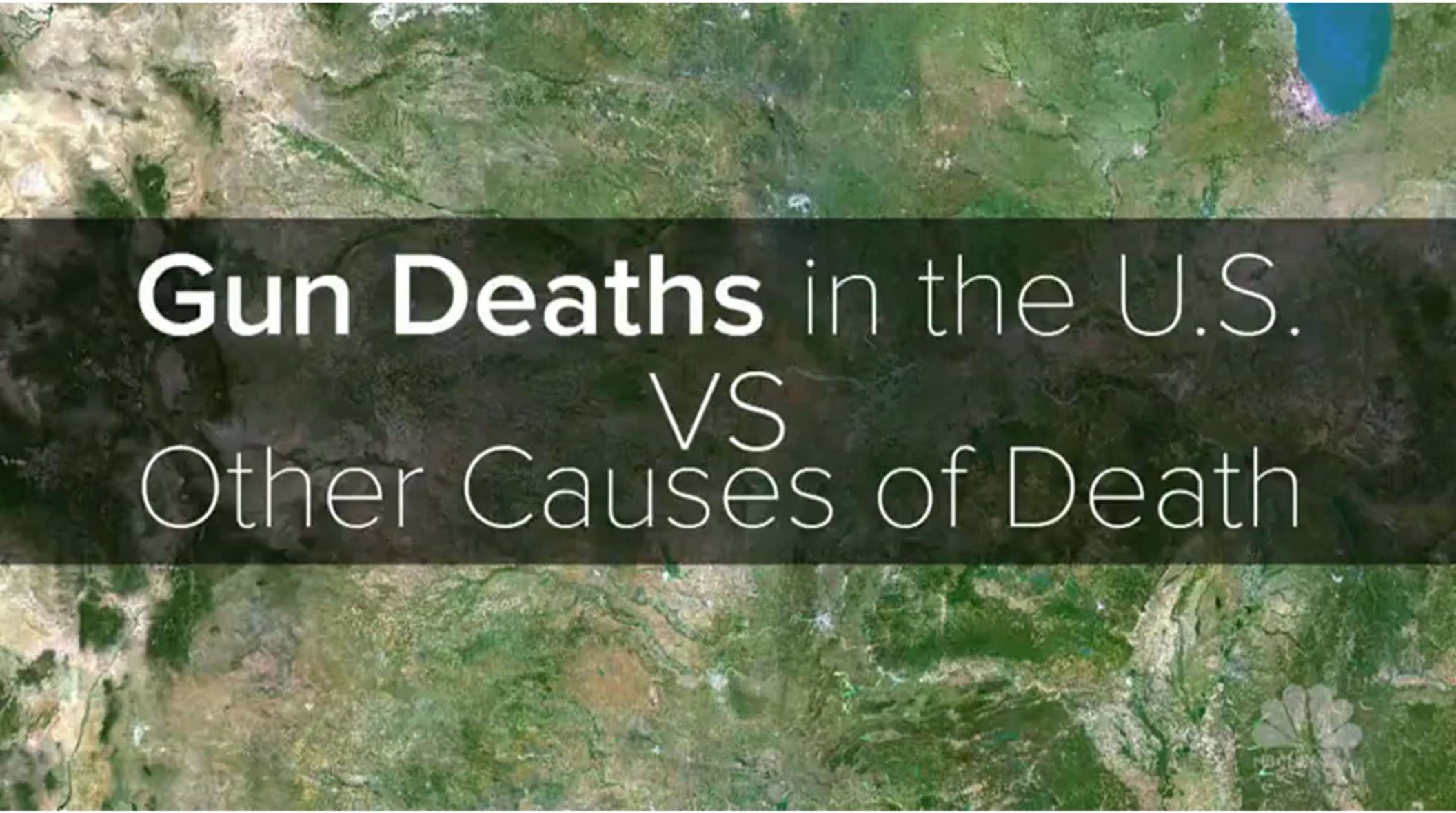




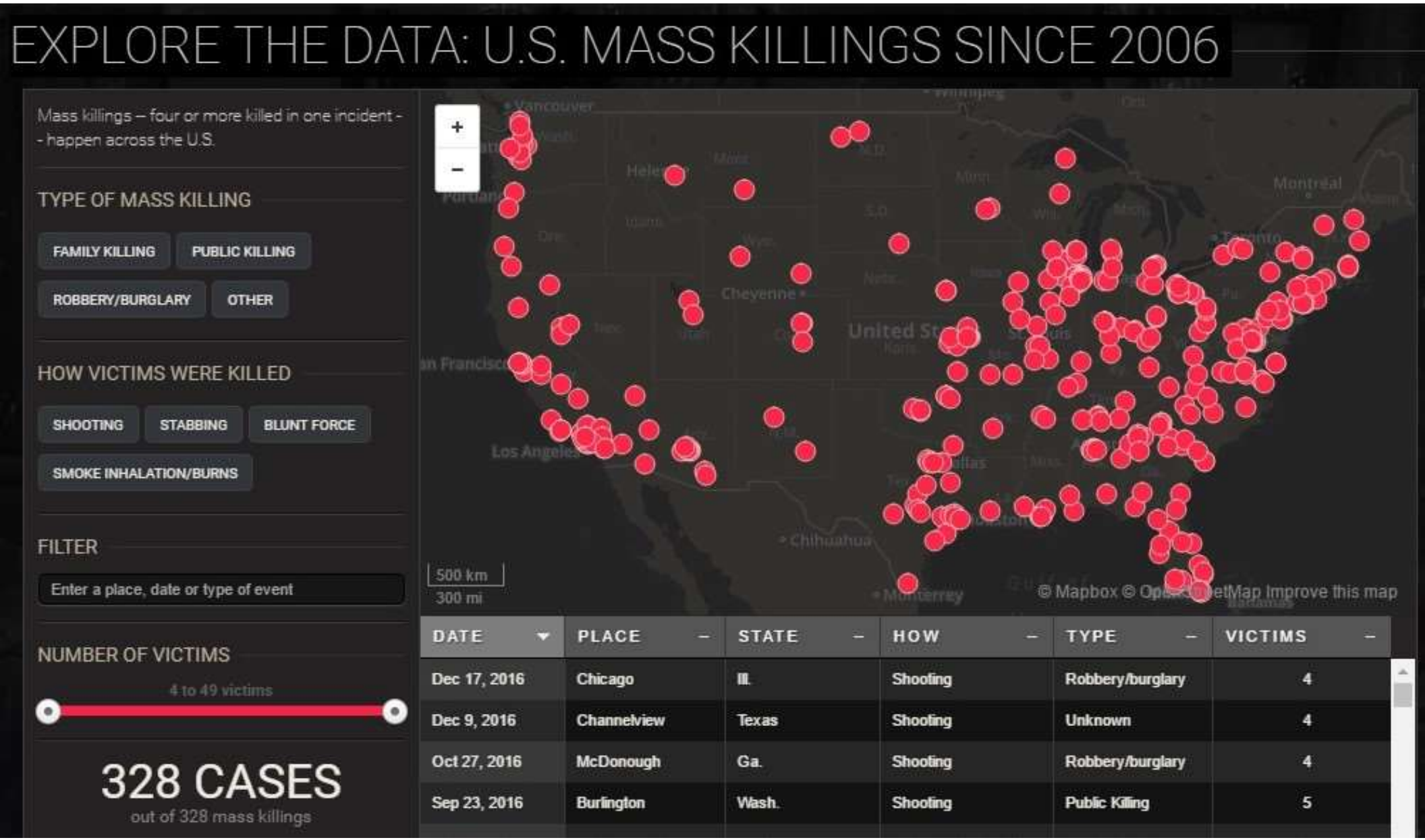

BBC





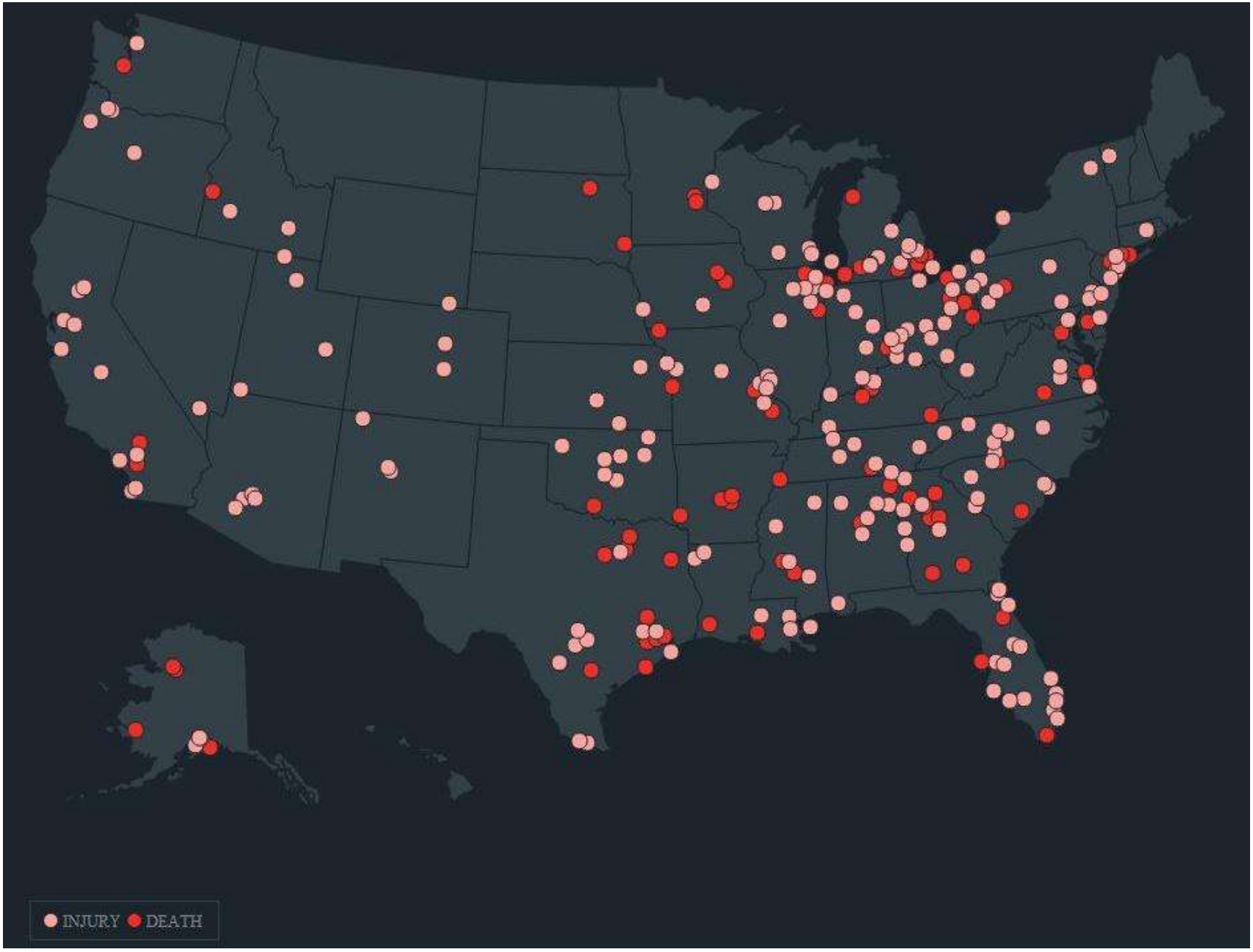

Gun Deaths in the U.S.
VS
Other Causes of Death

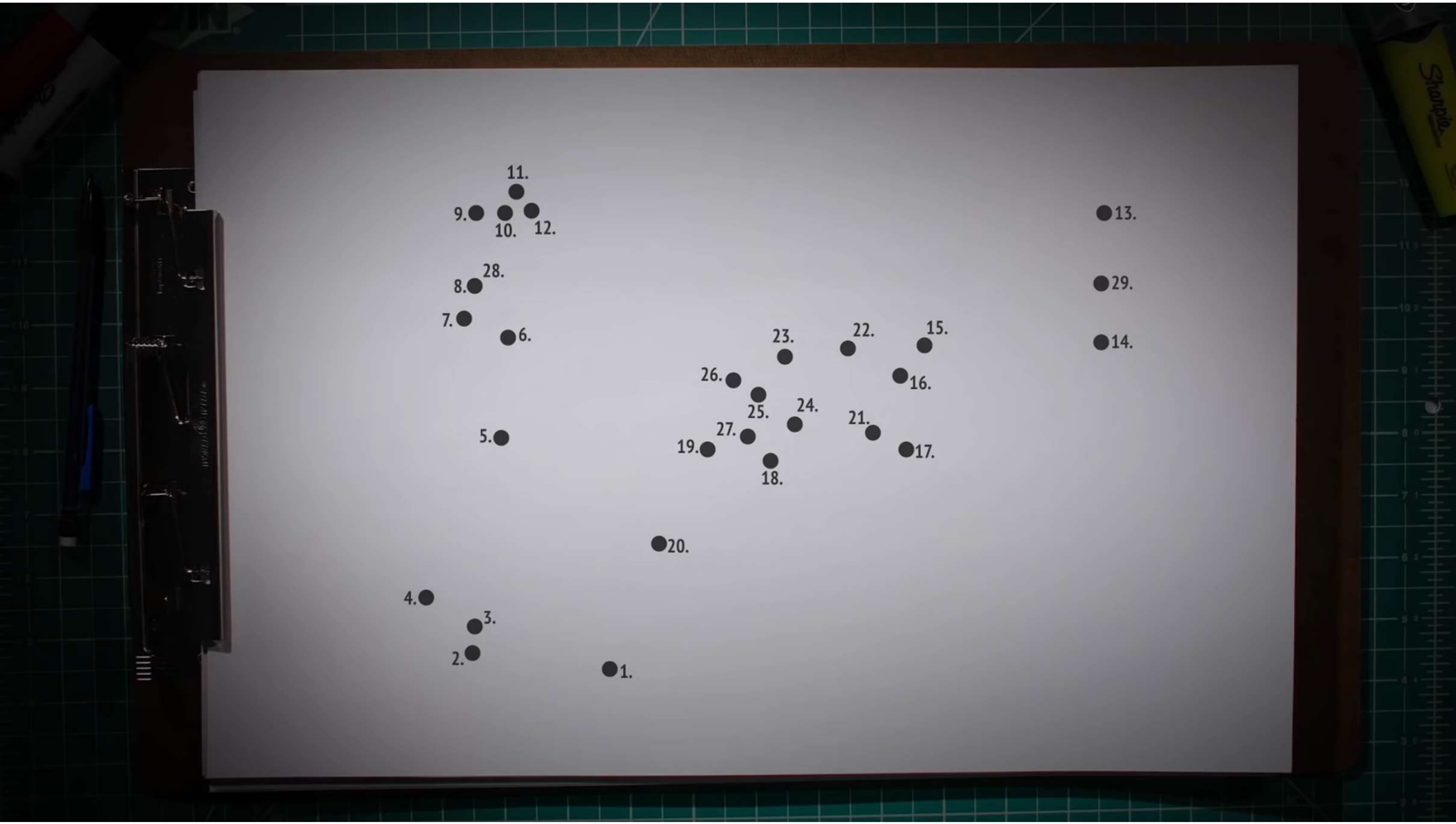
EXPLORE THE DATA: U.S. MASS KILLINGS SINCE 2006



DATE	PLACE	STATE	HOW	TYPE	VICTIMS
Dec 17, 2016	Chicago	Ill.	Shooting	Robbery/burglary	4
Dec 9, 2016	Channelview	Texas	Shooting	Unknown	4
Oct 27, 2016	McDonough	Ga.	Shooting	Robbery/burglary	4
Sep 23, 2016	Burlington	Wash.	Shooting	Public Killing	5

In 2015, At least 324 (Injury: 214, Death 110) where a person age 17 or under unintentionally kills or injures someone with a gun. (Everytown For Gun Safety 2016)

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MEN'S BASKETBALL

July 29, 2013



Mr. Douglas Wain
Win the War Against Violence
P.O. Box 11037
Lexington, KY 40512-1037

Dear Mr. Wain,

On behalf of the Kentucky Basketball program, I'd like to voice my support for the educational campaign "Win the War Against Violence."

As the head coach of the Commonwealth's basketball team, my job goes beyond wins and losses on the basketball floor. It's our responsibility to help teach these young men to not only respect themselves, but everyone around them in the hopes of promoting the Golden Rule.

I commend your organization for its efforts in getting the word out against youth violence in Kentucky. Here's to hoping that we in the Commonwealth can come together and attack this issue head-on and make a difference.

Sincerely,

John Calipari
Head Coach
University of Kentucky Men's Basketball

Joe Craft Center • 338 Lexington Avenue • Lexington, Kentucky 40506-0604
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CARDINAL BASKETBALL
University of Louisville
Louisville, Kentucky 40292
Phone: (502) 852-6651
FAX: (502) 852-0983

UNIVERSITY of LOUISVILLE



December 6, 2013

Dear YouthAlert Participants:

Thank you for the invitation to participate in your War Against Violence program, but our game Saturday prohibits me from participating in person. I applaud you for your efforts in seeking to diminish violence throughout our state.

I often talk to our players about the value of life and why it's important to make wise decisions, not only for their future, but also for the future of their families. There are so many opportunities for young people to occupy their time – whether it's athletics, music, being involved in school organizations, religious groups or other productive offerings. As parents, we need to make sure we are staying as active in our children's lives as well and set the right example for them to follow.

Some of my players have come from challenging neighborhoods, and although it's not easy to escape negative influences, it comes back to making the right choices. I believe there are many young people who work hard to overcome difficult situations and choose the right path.

Best wishes to you in your efforts and in your commitment to reducing violence.

Sincerely,

Rick Pitino