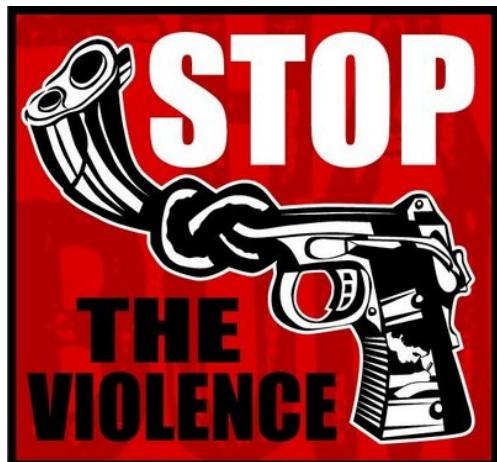


Resources

- Pajaro Valley Prevention Assistance, 335 E. Lake Ave, Watsonville, CA
(831) 728-6445 pvpsa.org
- Suicide Prevention Service of the Central Coast Crisis Hotline
(831) 649-8008
- 2nd Chance Family and Youth Services
745 North Sanborn Road
Salinas, CA 93906
(831) 758-4820
- Women's Crisis Support—
Defensa de Mujeres: 233 East Lake Ave, Watsonville, CA
(831) 722-4532



Watsonville Police Department

Watsonville PD Crime Prevention Unit encourages you to:

- Immediately report suspicious and criminal activity to the Police.
- Get involved in community activity. Volunteer!.
- Get to know your local police officers. We are here to serve you. Let's keep a positive relationship between the community and local law enforcement.

Watsonville Police Department

215 Union Street
Watsonville, CA 95076
www.watsonvillepolice.com

Business Phone: (831) 768-3300
Non-Emergency Dispatch: (831) 471-1151



Teen Violence Prevention

Types of Violence

Teen violence is real, and is a big part of the society we live in today. It can include things like dating someone who is violent, being beat up at school, gang violence, and drug and alcohol related violence; just to name a few.

- **Gang Violence**— Gang violence among teens is a growing concern. Teens that are involved in gangs are more likely to commit a violent act towards another person, possibly even killing them. The longer a child lives in this type of environment, the more violent they become.
- **Violence in the home**— Teens may see one parent beaten and abused by another, and sometimes one of the parents may be guilty of beating their teen. Maybe the other parent is unaware of what is going on or is too afraid to do anything about it. This type of violence is not uncommon.
- **Dating Violence**— this includes the physical, verbal, emotional and sexual violence that can take place during a romantic relationship. Teens who fight with, bully, tease, strike or force sex among their girlfriend/boyfriend are committing dating violence.
- **Situational Violence**— this occurs during a time of stress. Situational stressors might include poverty, social issues, medical conditions, drug use, depression and any other situation that causes stress for the teen.



Violence is the expression of physical or verbal force against self or other.



Columbine High School Massacre—13 innocent killed/21 injured. Perpetrators expressed signs of violent behavior through internet posts, and also signs of depression.

Excuse #1: “Violence is going to happen anyway. I carry a weapon so I can protect myself.”

Wrong: *Your weapon could be used against you or an innocent person. A weapon can turn a minor disagreement into a deadly confrontation.*

Excuse #2: “I carry a weapon so other kids will respect me.”

Wrong: *Don't misunderstand the fear for respect. If it's respect you want, try solving problems peacefully— that's really proving yourself.*

Excuse #3: “I carry a weapon so if anyone hurts my friends, I can get revenge.”

Wrong: *Revenge doesn't work. It just causes a cycle of violence and death.*



Virginia Tech University Massacre— 32 innocent killed/ at least 15 injured. The Perpetrator suffered from severe depression.

There are no good excuses for carrying weapons.

Warning Signs someone may be at risk of violent behavior.

- Teen has been suspended, expelled, truant or grades dropped.
- Teen is verbally abusive.
- Teen associates with a suspect group of friends.
- Teen lost interest in former productive activities, sports, hobbies or childhood friends.
- Teen has displayed interest in suicide or self inflicted pain.
- Teen appears depressed or withdrawn.
- Teen is sexually promiscuous.
- Teen's appearance or personal hygiene changed.
- Teen has become more deceitful regarding activities.
- Teen is lacking motivation.
- Teen displays outbursts of temper.
- Teen lacks self-worth and self-esteem.
- Teen has a problem with authority.
- Teen is experimenting with drugs or alcohol.

If you recognize these signs in a teen, do not take them lightly. Make an effort to reach out. You may be saving a life.