

# October is Violence Prevention Awareness Month!

## Reducing Violence in Our Society Starts At Home

### Be Head Smart!



- H** Help children and yourself name your feelings.
- E** Encourage discussion and cooperation to solve family disputes. Be a positive role model. Parents are a child's most influential role model. Model nonviolent ways to settle problems.
- A** Avoid using alcohol and drugs to solve emotional problems.
- D** Discipline without violence. Never hit or shake a child. Hitting, spanking or slapping children teaches them it is acceptable to hit others to solve problems. Nonviolent punishments include "time out" and eliminating privileges or treats for brief periods, or requiring 'family or community service'. Use a positive approach to changing behaviors by emphasizing acknowledgement/rewards for good behaviors instead of punishment for bad behaviors.
- S** Select non-violent hobbies, activities and toys.
- M** Monitor the movies and television shows your child views. Restrict viewing to 1-2 hours a day. Television violence influences children to behave aggressively.
- A** Applaud non-violent sports figures and other celebrities. Research has shown that violent aggressive behavior is often learned early in life. Teach children to treat others as they would like to be treated.
- R** Restrict children's access to firearms.
- T** Turn off the television!

*Adapted from The Brain Injury Association of New York State*