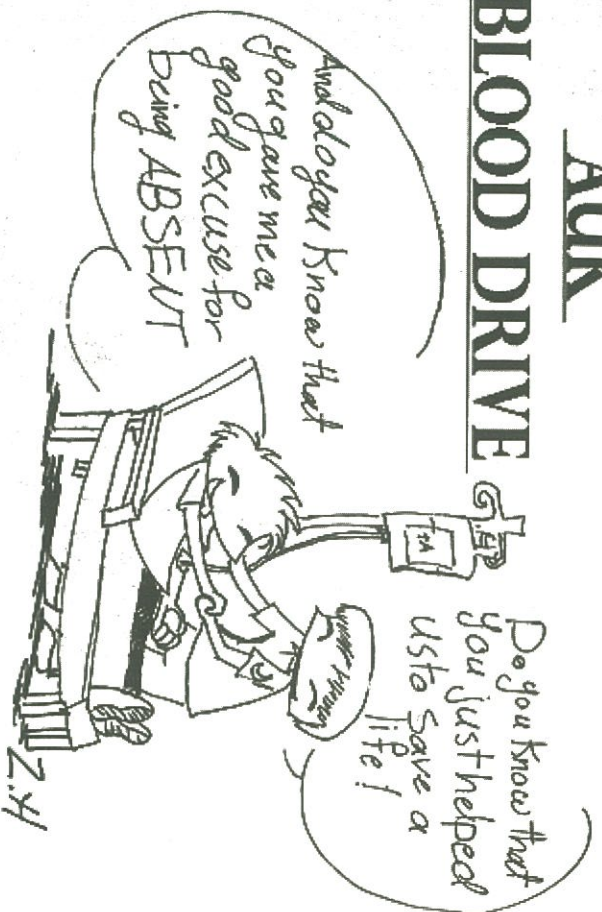


BLOOD DRIVE



Stop the Violence: Anti-Violence Forum

BY HUDA AL-RASHID



On Wednesday November 3rd, 2010 AUK hosted Anti-Violence Day. As a part of this event, an Anti-Violence Forum took place in which different, interesting issues regarding violence were discussed. The speakers included Jason Sullivan, Dr. Juliet Dinka, Dr. James Rose, Dr. Pellegrino Luciano, and one of AUK's students, Monica Matta.

Mr. Jason Sullivan started the forum off by giving a brief introduction of violence. He mentioned that everyone goes through some degree of violence throughout their lives, and that this experience can lead to certain effects on how the brain functions. Whether it's involving children suffering from violent homes, or even experiencing a tragedy that is associated with violence, such as being a victim of Hurricane Katrina, violence comes in many shapes and forms. The key is knowing what to do when these experiences take place; and the key to doing so starts with awareness, which is what this forum is all about.

Dr. Dinka discussed the issue of "intimate violence" that occurs between couples, which is something that seems to be a major issue nowadays. The discussion first began with showing a very familiar picture; it was a picture of the young, infamous former couple, Rihanna and Chris Brown, referring to the story of the abuse that took place between these two, which in turn led to a huge outrage from women, who were disappointed with Rihanna for accepting Chris's violent behavior. However, as Dr. Juliet pointed out, this type of violence occurs in a "cycle" which often leads to a form of manipulation on the victim's part. This cycle of violence is demonstrated as the following:

Battering Incident (where the victim tends to be ashamed and is constantly blaming themselves) → Honeymoon Period (where the typical scenario of the abuser promising to "never let it happen again" takes place). As you can see, the "honeymoon period" leads to an almost never-ending cycle since the victim is prone to want to forgive the abuser for their actions. However, this can be changed if the victim gains the strength to get out of this unsuccessful relationship and seek help.

Dr. Dinka also discussed how all kinds and types of abuse are essentially centered around power and control. A few alarming set of statistics were shown regarding intimate violence:

- 1 in every 4 women experience domestic violence
- Less than 1/5 violence leads to the need for medical help
- 1 in every 6 women and 1 in every 33 men experience rape

As you can see, these statistics are alarming, and it is therefore needed for these types of issues to be raised for the public, since that can push victims to want to speak about their abuse, and to seek help even if certain societal issues (such as affecting the "family's name") don't encourage this.

Dr. James Rose discussed the violent behavior in children and adolescents. It was interesting to see that aggressive behavior is actually found really early in life. This was shown in a video in which a one-year-old baby is aggressive towards another baby who took his toy and dismantled it in front of him. Verbal aggression is later on found with five year olds, in which gossiping and creating rumors is starting to occur. Also, Dr. Rose mentioned that behavior and genetics can

violent behavior in their lives, or to their genes, or to both, which leads to pretty violent people who are most likely going to end up as serious criminals. Some interesting statistics proved this point, and really gives one an idea of where the essence of violence lies. Dr. Luciano then goes on to discuss the issue of "structural violence." Basically, structural violence is measured in a scale of what causes violent behavior based on an institutional framework. What this means is that how violent a situation is depends on the background that surrounds it. For example, boxing is a violent sport, but since it's a sport (the institutional framework), it's not looked at as potentially "violent", or it is more or less acceptable. This also points to a picture of a starving child; is this violence? Based on the institutional framework involving certain economic factors, this can be considered as a form of indirect, structural violence.

Finally, student, Monica Matta ended the forum with certain steps towards reducing violence in society. She mentioned that there are two ways to do so, which is to first reduce the violence ourselves, and second is to reduce it for the next generation. We need to release our anger bit by bit and not let it proliferate into something uncontrollable (violent behavior), and to be sure to seek help, and report violent behavior. Also, try to reduce the amount of violent exposure in your households, like refraining from using violent vocabulary or violent media, and to speak to your disobeying child and not to physically punish him.

It is important to address the issue of violence since it is something that we all have to deal with to some degree. Even if certain societal chains hold you down, be sure to gain some strength to seek help if you or someone you know is experiencing some kind of violence. Monica also mentioned that there is a Facebook group that is dedicated for this cause, and is entitled, "We Can Prevent Violence". This group also allows you to communicate with students from the States regarding this issue; so don't hesitate to join this group in an effort to promote

that behavior and genetics can