



**It's On Us Workshop:
BREAKING CYCLES OF
VIOLENCE**

Agenda

- Introductions
- Self-Care Check In
- Refresh: Why Do People Perpetrate?
- Generational Violence & Tertiary Prevention
- Community Accountability as Prevention
- Toolkit Materials + Next Steps
- Self-Care Reminder
- Post-Training Survey

Learning Outcomes

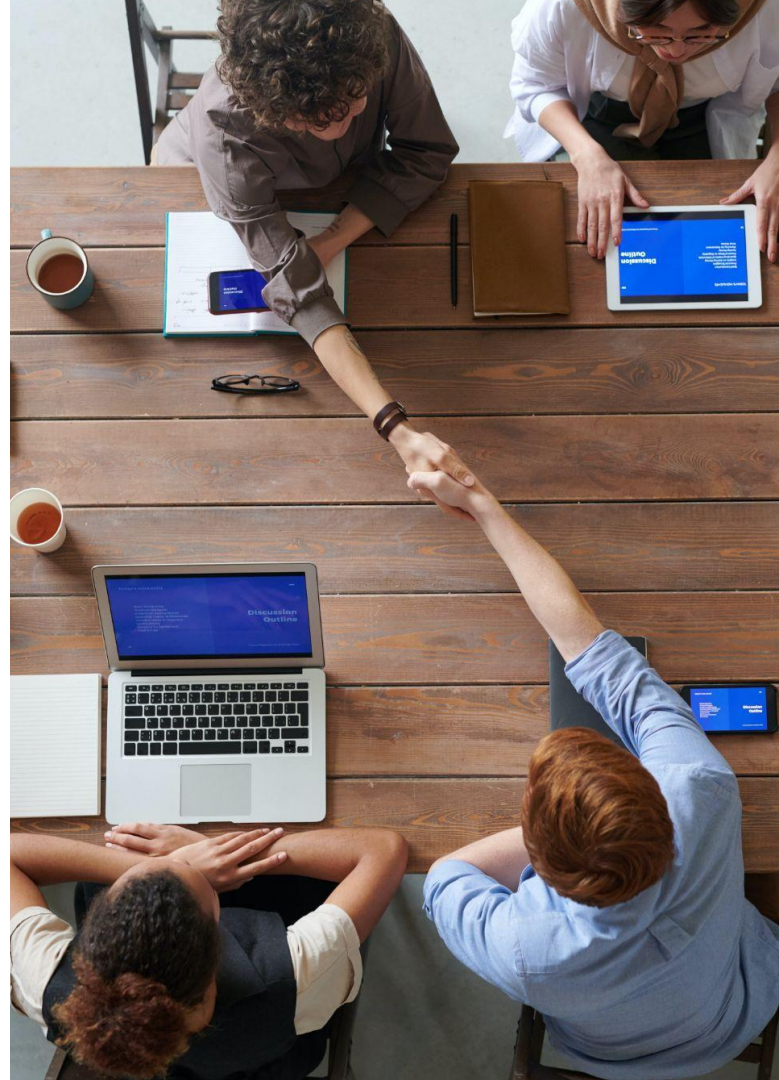
IOU chapter members will recognize the cyclical nature of violence.

IOU chapter members will synthesize tertiary prevention basics within the IOU primary prevention approach.

IOU chapter members will explain the importance of engaging subcommunities who have caused harm or high risk.

IOU chapter members propose strategies for community transformation when harm has been committed.

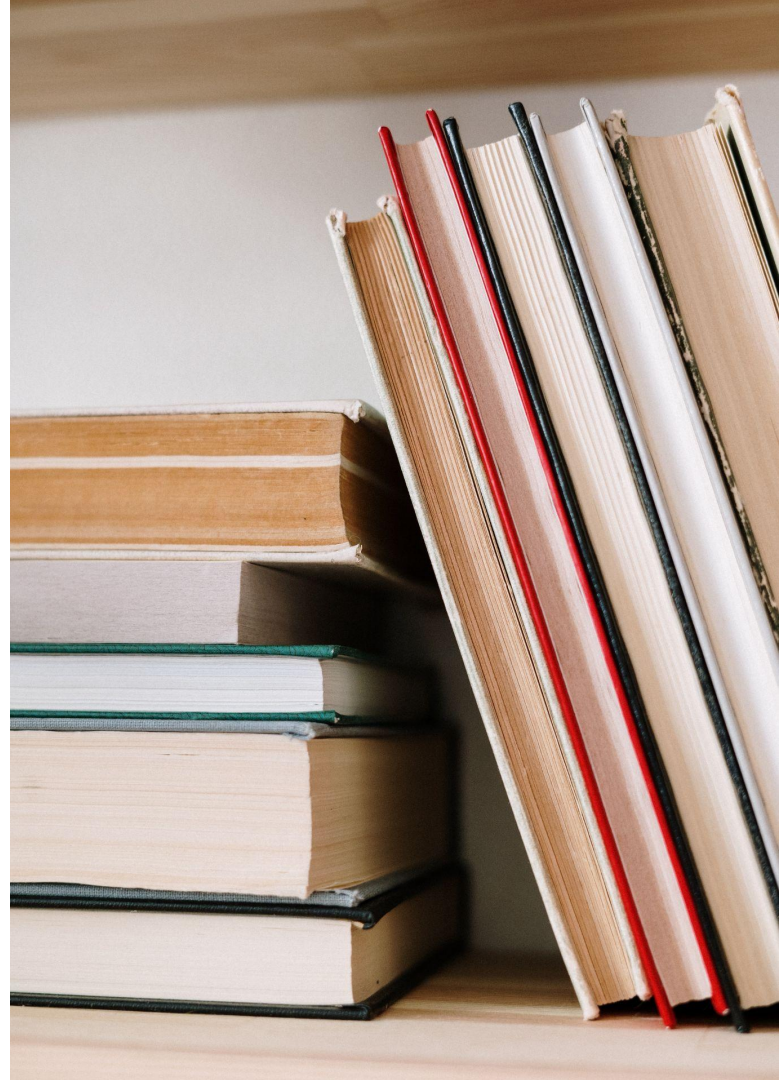
INTRODUCTIONS



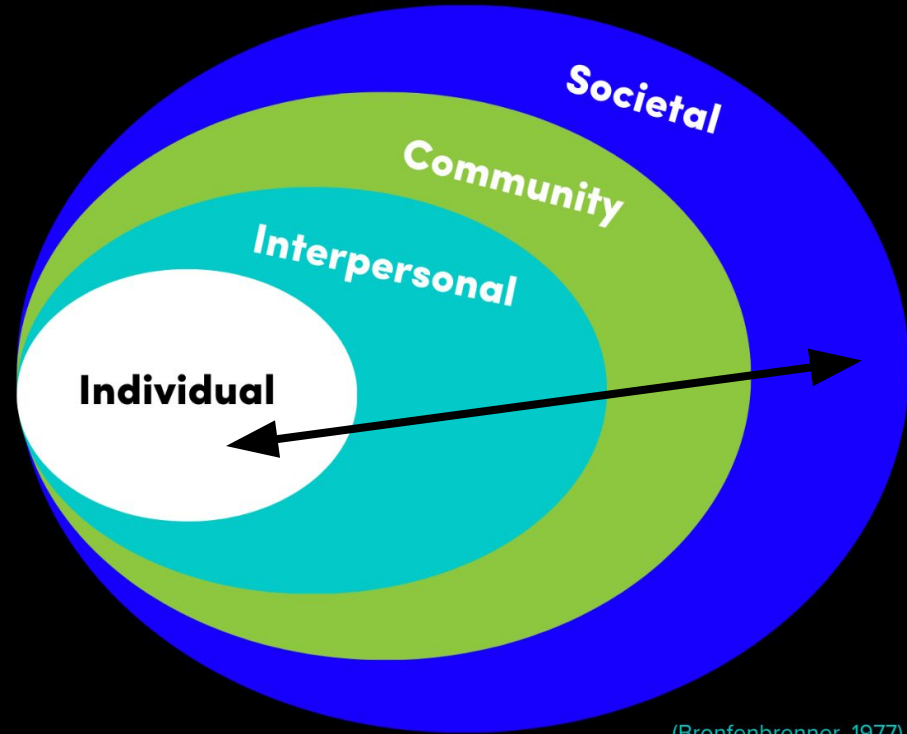
SELF-CARE CHECK



REFRESH: WHY DO PEOPLE PERPETRATE?

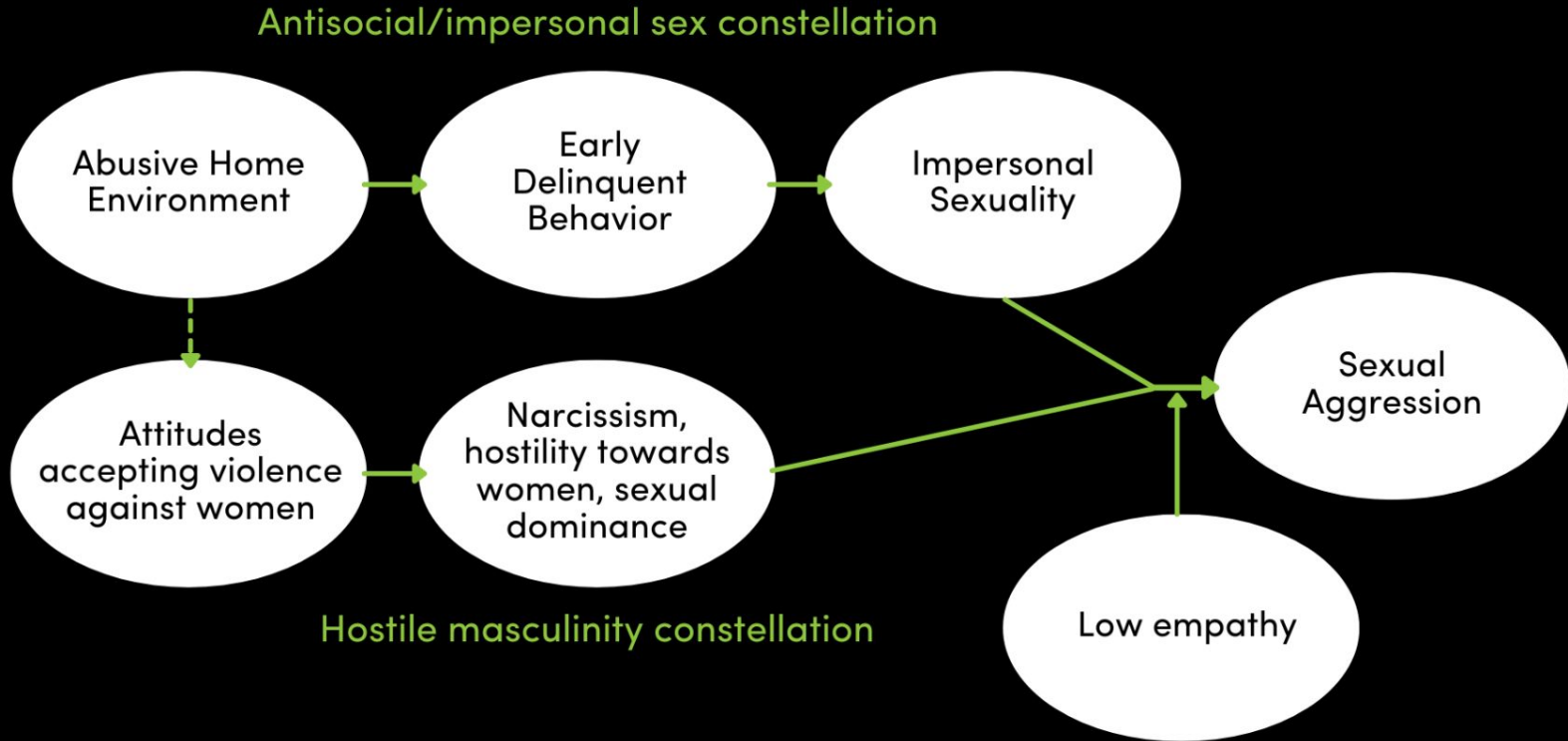


Socioecological Model



(Bronfenbrenner, 1977)

Confluence Model of Sexual Aggression



Factors that DON'T Cause Violence

- Alcohol or other substance misuse
- Mental health
- Narcissism
 - Or other personality disorders like psychopathy or borderline
- Being a “bad person”
- Being “evil”

**Why is it important not to blame
“false causes” of violence?**

Why is it important not to blame “false causes” of violence?

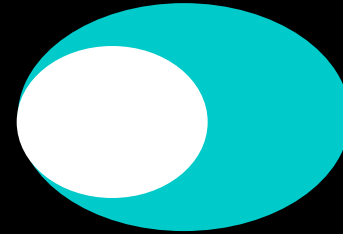
- To avoid reducing personal accountability for people who have committed violence by blaming something other than their choices.
- To acknowledge the shared responsibility of our community, culture, and society in normalizing and promoting violence.
- To dismantle the stigma that paints people with mental health challenges and/or trauma as prone to violence.
- To avoid erasing systemic oppression as the root cause of violence.
- To avoid erasing the real pain and harm from which violence is often derived.
- To recognize that punishment is not the only or best solution for violence, rather that intervention and resolution are possible.

GENERATIONAL VIOLENCE & TERTIARY PREVENTION



Relationship Level Risk Factors

- Peer approval of violence
- Peer pressure to engage in violence
- Witnessing abuse
- Parental or familial norms that promote violence
- Challenges with interpersonal conflict



Generational Violence

Violence can be passed down through generations when we repeat the actions of those before us.

EXPOSURE

- Witnessing violence at home.
- Being abused themselves.

INTERNALIZATION

- Learning that violence is normal and expected.
- The belief that violence is necessary for conflict or emotional expression.

REPETITION

- Peer groups with violence-accepting attitudes.
- Increased risk of perpetration or victimization.

REMEMBER

CHILDHOOD ≠ DESTINY

Witnessing or experiencing violence does not cause violence perpetration or victimization.

Three Types of Violence Prevention

PRIMARY

- Stopping violence before it happens.
- Building healthy and egalitarian communities.

SECONDARY

- Stopping violence that is already happening.
- Responding to violence immediately after it happens.

TERTIARY

- Stopping violence from happening again.
- Promoting healing and transformation in communities.

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- Intervention
 - Therapy
 - Unlearn harmful beliefs, attitudes

- Friends and family of people involved accept their responsibility
- Healing for friends and family

- Giving back in order to resolve harm caused
- Restore membership within community
- Community accepts responsibility and addresses causes of violence

- Laws that support survivors
- Funding for survivor support and perpetrator intervention
- Societal efforts to address the root causes of violence

COMMUNITY ACCOUNTABILITY AS PREVENTION



Community accountability is a strategy to address violence wherein a community works together to:

**RESIST ABUSE AND
OPPRESSION BY
ENCOURAGING SAFETY,
SUPPORT, AND
ACCOUNTABILITY**

**PROVIDE SAFETY
& SUPPORT TO
COMMUNITY MEMBERS AT
THE MOST RISK BY
RESPECTING THEIR
INDIVIDUAL AUTONOMY**

**ADDRESS HARMFUL
BEHAVIORS, CREATING
AVENUES FOR
ACCOUNTABILITY AND
TRANSFORMATION**

**GROW ALL MEMBERS
OF THE COMMUNITY,
THE COMMUNITY ITSELF,
AND TO TRANSFORM THE
CONDITIONS THAT
REINFORCE OPPRESSION
AND VIOLENCE**

**HIGH
ACCOUNTABILITY**



**LOW
SUPPORT**



**HIGH
SUPPORT**

**LOW
ACCOUNTABILITY**

What does this mean for our work?

“Cancelling by association”

How does it affect our community?
Our mission? Our prevention work?



**Has your chapter worked with communities
who have caused harm?**

“Courage is not the absence of fear, but rather the judgment that something else is more important than fear. The timid presume it is lack of fear that allows the brave to act when the timid do not. But to take action when one is not afraid is easy. To refrain when afraid is also easy. To take action regardless of fear is brave.”

- Ambrose Hollingworth Redmoon, Writer