

# 10 Things You Can Do To Help Stop The Violence

1. **Be Drug Free!** Alcohol and drugs can contribute to violent behavior and put you in situations where you could become a victim of violence.
2. **Identify the problem.** Focus on the problem, not the person.
3. **Be honest by telling others how you feel.**
4. **If you anticipate a difficult situation, plan ahead.** Think of alternatives that can peacefully resolve the conflict.
5. **Ask a friend or parent to listen to both sides and help work out a reasonable, non-violent solution.**
6. **Respect other people and their property.**
7. **Stay in school!** Truancy often results in delinquent behavior that involves violence.
8. **Conflict is a normal part of life.** Learn and practice non-violent ways to deal with conflict.
9. **Avoid watching violence on television.**
10. **Remember, it's cool to be in control of your own behavior.**

## Resources

### Victim Assistance

Dakota County Attorney's Office Victim/Witness Program (651) 438-4438  
 First Call For Help.....211 or (651) 291-0211  
 TDD 1-800-627-3529

360 Communities ..... (952) 985-5300  
 B. Robert Lewis House..... Eagan (651) 452-7288  
 TDD/TTY (651) 405-9455  
 Hastings (651) 437-1291  
 TDD (651) 437-2838  
 Out of Area 1-800-336-SAFE  
 Womankind - Fairview Ridges..... (952) 892-2500

### Police/Law Enforcement

Apple Valley Police Department..... (952) 953-2700  
 Burnsville Police Department..... (952) 895-4600  
 Dakota County Communications Center..... (651) 322-2323  
 Dakota County Sheriff's Office ..... (651) 438-4700  
 Eagan Police Department ..... (651) 675-5700  
 Farmington Police Department..... (651) 280-6700  
 Hastings Police Department ..... (651) 480-2300  
 Inver Grove Heights Police Department ..... (651) 450-2525  
 Lakeville Police Department..... (952) 985-2800  
 Mendota Heights Police Department ..... (651) 452-1366  
 Northfield Police Department..... (507) 645-4475  
 Rosemount Police Department ..... (651) 423-4491  
 South St. Paul Police Department ..... (651) 554-3300  
 West St. Paul Police Department ..... (651) 552-4200

In the hope of reducing violence and bullying behaviors, the Dakota County Attorney has developed presentations for students, staff and parents covering: the types of bullying and harassment, statistics on violence, and valuable resources for victims, bystanders, staff and parents. For more information **or to schedule a presentation to students, staff or your community**, call 651-438-4440.

Cover Poster Drawn By: Brian Hall, (1996),  
 Moreland Elementary School, West St. Paul, MN

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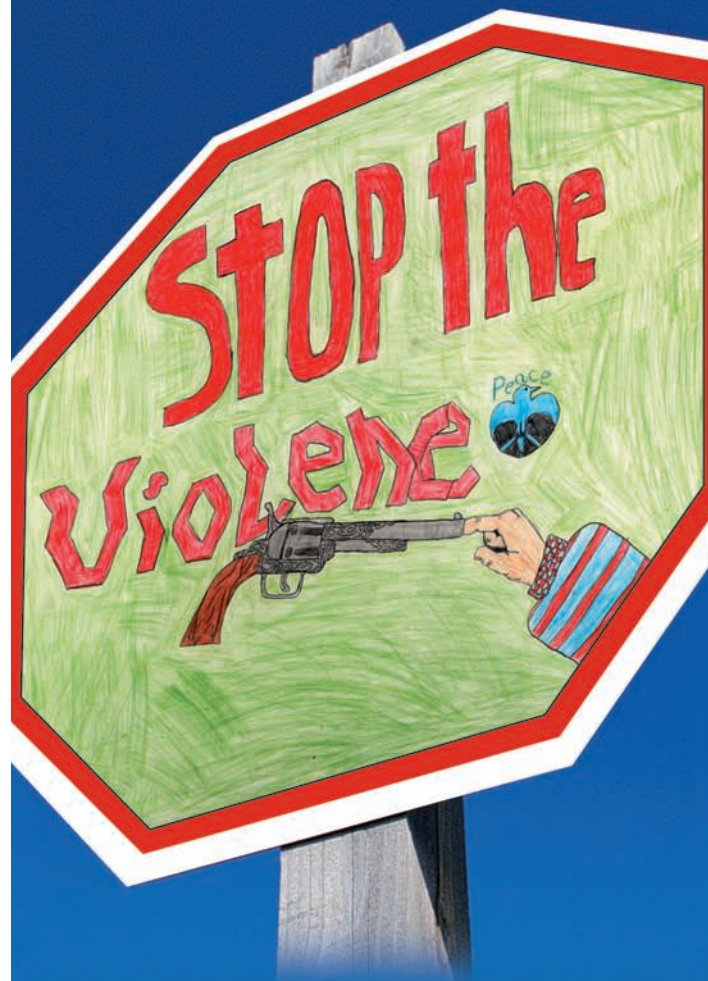
**JAMES C. BACKSTROM**  
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**DAVE BELLOWS**  
 Dakota County Sheriff

and

**Paid for by money and property forfeited from drug dealers.**


**For further information please contact,  
 Dakota County Attorney's Office at (651) 438-4438.**



**YOU'RE THE ONE  
 WHO CAN MAKE THE PEACE**

This brochure is being distributed by:

**JAMES C. BACKSTROM**  
 Dakota County Attorney  
 and  
**DAVE BELLOWS**  
 Dakota County Sheriff



Conflict may be unavoidable and a useful way of encouraging change and growth. You have the power to learn to deal with conflict in a non-violent way. To work towards reducing violence, we all need to start with ourselves and our own behavior. Dakota County Attorney James Backstrom and Dakota County Sheriff Dave Bellows have designed this brochure to provide suggestions on how you can help stop the violence.

**Violence is learned behavior – it can be unlearned!**

**When you have a conflict with another person, remember that anger is okay at times, violence is not.**

**Racism is violence!**

**Youth access to guns is related to the increased youth homicide rate in our Country.**

You can grow up violence free by learning and practicing listening skills, being assertive, expressing your feelings, cooperating with others and learning to discuss your problems and negotiate with others.

## WHAT IS VIOLENCE?

Talk and listen to others about violence. What you think of as violence can be different from what others think depending upon your experiences and beliefs. Violence can be:

1. **Verbal** – words that put down, hurt, threaten or scare.
2. **Physical** – pushing, kicking, hitting.
3. **Sexual** – forced or tricked sexual touching or contact.

**Words and actions that hurt people are violence.**

“It is you who create your own destiny. You create your own destiny through the choices you make. If you don’t make positive choices, you will have your fate inflicted upon you.” - Justin Sabo, (1997), School of Environmental Learning, Apple Valley, MN.

## Violence Free Is The Way To Be!

# Take Control of Your Anger

## “THE CHILL DRILL”

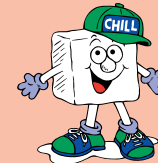
**CHILL: Calm Your Body’s Anger Energy.**

### 1. CHILL

Chill is your signal to start to calm down. Take a deep breath; Get rid of that frown.

### 2. BLOW!

Blow means to breathe as if blowing a balloon. Take 3 balloon breaths; You’ll be calmer soon!



### 3. FACE

Your face shows your anger, it gives off a frown. Relax your face – SMILE; You’ll quickly calm down.

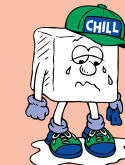
### 4. SPACE

Your personal space is important to protect. Take a step back; Take time to reflect.

**CHOOSE: Focus Your Mind on Positive Action.**

### 1. CLAIM Your Anger

Your anger is yours to own and to claim. Try not to deny it, stuff it or blame.



### 2. NAME The Hurt

Anger protects you. It covers your pain. Admit that you’re hurting; You’ve so much to gain.

### 3. TAME Your Anger

Your temper is yours to lose or control. Choose wisely and well to accomplish this goal.

### 4. MAKE A Plan

Anger results from problems unsolved. Plan for solutions until they’re resolved.

