



# Youth to Youth Violence:

A Guide for Youth

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"It's hard for young people to find people to speak to about their problems."

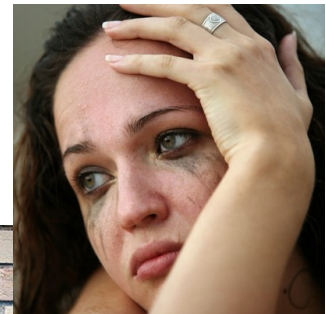
(McCreary Centre Society, 2009. p.29)

# Did you know?

The effects of youth violence are many and can last long after an episode of violence.

Although statistics show that youth who are violent or are victims are a small number compared to the total number of youth who live in BC, violence is a reality in many youth's lives.

This booklet is intended to provide information and tools youth can use to deal with and prevent youth violence in their lives.



In the past 20 years, more than 100 youth were killed in the Lower Mainland as a result of criminal activity.

(Tyakoff, 2006)

In a survey of BC youth, more than 1 in 5 girls and 1 in 10 boys said they had purposely harmed themselves without intending to kill themselves.

(McCreary Centre Society, 2009)

10% of male students reported having carried a weapon to school in the past month.

(McCreary Centre Society, 2009)

33% of male students and 15% of female students reported having been in a physical fight in the past year, with 4% of those requiring medical attention.

(McCreary Centre Society, 2009)

“Every year, approximately 1 in 10 youth comes into contact with the police for violations of the Criminal Code or other federal statutes.”

(Public Health Agency of Canada, 2005)

# What is it?

**Youth Violence** is “intentional physical, sexual or psychological assault on another person (or persons) by one or more young people” (Public Health Agency of Canada, 2005).

## Physical Violence:

Purposely causing physical harm to another including:

- ◆ Any act that causes physical harm from pushing or scratching up to murder
- ◆ A weapon may or may not be used



## Emotional Violence:

Purposely causing emotional harm to another. This type of violence includes:

- ◆ Threatening violence
- ◆ Making fun of others
- ◆ Racism
- ◆ Sexism
- ◆ Homophobia
- ◆ Bullying
- ◆ Cyberbullying

## Sexual Violence:

Unwanted or forced sexual contact. Sexual violence can happen to boys or girls. This type of violence includes:

- ◆ Unwanted touching
- ◆ Pressure to have sex
- ◆ Threats of physical force
- ◆ Actual physical force
- ◆ Taking advantage of someone who is drunk or high

## Is it Violence?

Match each type of violence with an act of violence.

### Types of Violence

- A - Physical
- B - Emotional
- C - Sexual

### Acts of Violence

- 1) \_\_\_ Sending mean text messages
- 2) \_\_\_ Kicking
- 3) \_\_\_ Talking someone into having sex when he/she doesn't want to
- 4) \_\_\_ Forcing someone to have sex
- 5) \_\_\_ Punching
- 6) \_\_\_ Making fun of another person for being gay

Answers: 1) B, 2) A, 3) C, 4) C, 5) A, 6) B

# Cyberbullying

**Cyberbullying** is a form of bullying that takes place using an electronic device or on the internet (Bullying.org, 2004).

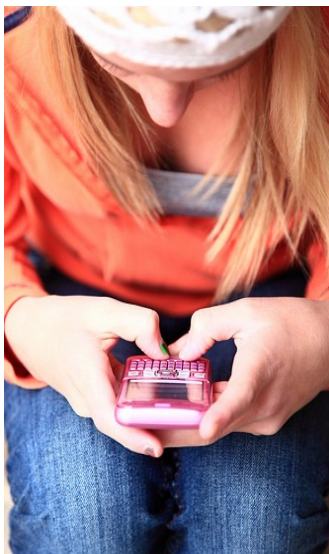
## Cyberbullying includes:

- ◆ Sending mean text messages or e-mails
- ◆ Creating websites or blogs to make fun of others
- ◆ Posting mean pictures or videos of others online
- ◆ Creating websites to rate classmates
- ◆ Rating others on websites
- ◆ Threatening others by e-mail, text message or online
- ◆ Sending messages from electronic accounts that are not your own

*15 year-old boy from undisclosed location:*

“Well, the only reason I bullied is because the same person I was doing it to, did it to me like a week before. It wasn't the right thing to do but at the time it felt like I was getting revenge.”

(Cyberbullying Research Center, 2010)



## Tech tips for youth

- ◆ Never share passwords with friends
- ◆ Protect personal information (ex: birthday, address, school)
- ◆ Before clicking send, ask yourself how you would feel receiving that message
- ◆ If someone sends a mean message to you, don't respond
- ◆ Only friend people you know on social media websites
- ◆ Don't put anything online (even in an e-mail) that you would be embarrassed for others to see
- ◆ Avoid participating in cyberbullying or rating peers
- ◆ Do not forward mean messages
- ◆ Talk to your parents or another adult if you witness or experience cyberbullying
- ◆ Be aware that threatening another person is illegal and should be reported to the police if it is severe or persistent

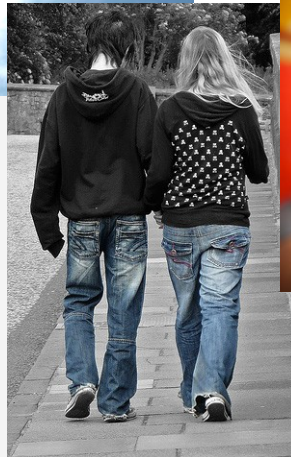
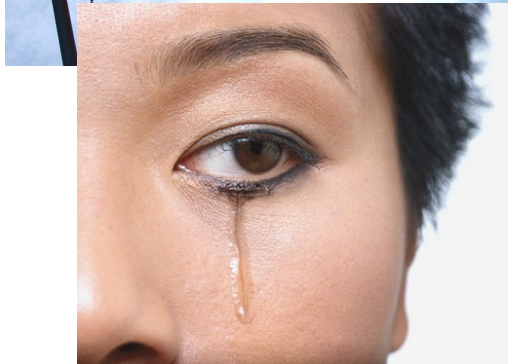


# Why Violence?



## Contributors to Violence:

- ◆ Peer pressure
- ◆ Need for attention or respect
- ◆ Negative sense of self
- ◆ Drug or alcohol use
- ◆ Easy access to weapons



## Did you know:

Youth are at greatest risk for violence after the regular school day.

(Striving to Reduce Youth Violence Everywhere, 2010)

While the causes of youth violence are many and complicated, youth may act violently for one of the following:

**Expression:** violent acts are used by some as a way to express feelings of anger or frustration, or as a way to regain control of their emotions.

**Manipulation:** violence is used as a tool to control others.

**Retaliation:** violence is a way of getting back at someone who has hurt the youth or someone he/she cares about.

**Learned behaviour:** violence is a learned behaviour. If a person has not learned how to deal with his/her emotions or stressful situations he/she may behave violently because he/she feels like there are no other options.

(Striving to Prevent Youth Violence Everywhere, 2010)

# Protective Factors

Protective factors are those things in your life that protect you from becoming involved in youth violence.

Improving or building upon protective factors can help even the most at risk youth to work through bad experiences and make

healthier choices (McCreary Centre Society, 2009).

Although some protective factors are beyond your control, there are many that you can work on.

When building protective factors, it is best to start with your strengths.

## Family

- ◆ Strong family bonds
- ◆ Positive parent/child relationships
- ◆ Positive environment
- ◆ Stable environment

## Individual

- ◆ Ability to work through problems
- ◆ Cares about others
- ◆ Positive sense of self
- ◆ Participation in sports or after-school activities
- ◆ Positive group of friends
- ◆ Academic success
- ◆ Has someone to talk to about problems
- ◆ Strong school, family & community connection

## School & Community

- ◆ Accessible after-school activities
- ◆ Cultural connectedness
- ◆ Community connectedness
- ◆ Youth friendly programs
- ◆ Empowering & respectful toward youth
- ◆ Encourage youth involvement

(McCreary Centre Society, 2002)



"I don't have any health concerns, but I could talk to someone about how much I miss India."

(McCreary Centre Society, 2009. p.11)

# PROBLEM SOLVING

One of the protective factors that you can improve is your ability to work through problems.

You may feel that some of your problems are hard to find solutions to because they seem overwhelming or

stressful.

When you are upset or stressed, it is harder to work through problems, so it is important to have a way to work

through problems even when you are stressed or feeling overwhelmed.

The example on this page



and the activity starting on page 9 will help you to improve your problem solving

skills.

## Remember:

Anything is possible if you work at it!

The problem:

A girl in my class is telling everyone that I'm stupid

People who can support me:

My friends in that class, my parents, my teacher

What I want to happen:

I just want her to stop

3 Things I could do:

1. Call her names next class
2. Politely ask her to stop
3. Ignore her



# PROBLEM SOLVING

## 1. Choose a problem



The first step to solving a problem is identifying it.

For this activity, think about the things that have been bothering you most.

Some problems may be big (you got suspended from school) and others not so big (you handed in an assignment late).

The problem could specifically involve you (arguing with your sister) or be something that is happening to you (moving to a new house).

To start, choose one of the smaller problems that directly involves you and is happening now.

Do your best to be specific about the problem and think of the details.



Some problems  
I have:

The problem I  
have chosen:

# PROBLEM SOLVING

## 2. Understand the problem



### Ask Yourself

- ◆ What supports do I have? (friends, siblings, parents, other trusted adults)
- ◆ Have you had this problem before?
- ◆ If so, how did you deal with it?
- ◆ Do I need more information?
- ◆ Where can I get more information?

People who can support me:

Other ideas about this problem:

# PROBLEM SOLVING

## 3. What might you do to solve the problem?

Come up with as many things as you can think of that you could do to solve the problem.

For now, don't try to decide which solutions are best, just write your ideas down.

When thinking of ideas, try to come up with things that you can do yourself and don't depend

on someone else.

When you are finished, narrow down your list to 3 items that you think you would be most able to use.



### Ask Yourself

- ◆ What have I done in the past?
- ◆ What new things could I try?
- ◆ What have friends done in this situation?
- ◆ What have siblings done in this situation?

Possible solutions:

3 best solutions: 1.  
2.  
3.

# PROBLEM SOLVING

4. Compare your top 3 solutions (see page 13)

solution	Good Points	Bad Points
1.  <input data-bbox="214 905 594 968" type="text"/>		
2.  <input data-bbox="214 1373 594 1436" type="text"/>		
3.  <input data-bbox="214 1812 594 1875" type="text"/>		



# PROBLEM SOLVING

## 4. Compare your top 3 solutions continued

When comparing your solutions, look at the good and bad points for each. Considering what could happen with each solution.

Another thing to think about when comparing your solutions is to whether the action is passive, aggressive or assertive. See the bubbles to the right.

As you have probably guessed, passive and aggressive types of solutions or actions are not usually the best ones.

In the orange boxes on page 12, write whether each of your solutions seems to be passive, aggressive or assertive.

**Passive Actions:** are actions where you don't tell anyone your point of view because you don't think it's worth sharing or that what other people want is more important

**Aggressive Actions:** are actions where you don't listen to what others have to say and do what you want no matter how it affects the people around you.

**Assertive Actions:** are actions where you create a balance between what you want and what others want, sharing your own perspective and listening to the views of others.

## 5. Pick the best solution

Once you have listed the good and bad points for each of your top 3 solutions, and considered the type of action for each solution, choose the best one.

After you choose a solution, you will need to turn it into an action by creating a plan to try it out.



You did it!

# Setting Goals

Once you have come up with a solution to your problem, you will need to create a plan to put it into action. What this plan involves is setting goals that will allow you to put your solution into action.

First, think of a goal related to your solution. Once you have chosen a goal, then decide how often you need to do the action and when you will do it.

## Tips for making Goals:

- ◆ Be specific about what you plan to do
- ◆ Be realistic about what is possible, it's best to start with smaller goals that lead up to larger ones
- ◆ Schedule a specific time for your goal
- ◆ Think of that scheduled time as an appointment with yourself
- ◆ Carry out your goal
- ◆ Review your goal after you have carried it out, think about what worked and what didn't
- ◆ Adjust your goal as you need to so you can improve your chance of success
- ◆ Share your goal with a trusted friend or adult

My goal	How often?	When exactly?

# If you are a Victim...

Being a victim of youth violence can be scary or embarrassing. Because of this, some youth feel alone and like they can't talk to anyone about what has happened to them.

By not telling anyone what has happened to you, you are preventing anyone from helping you.

If others don't know what is going on, they can't offer you support and the assistance you may need.

Another reason victims may not want to seek help if they have experienced violence is because they think that nothing can be done.

This is a myth. There are many services available in BC available to help victims of violence and prevent the violence from continuing.

Not dealing with an experience of violence can do long term damage to you especially if

you have been seriously physically injured and don't get medical treatment.

For your own well being, have the courage to get help if you need it.



## Useful Information:

The following may be helpful resources for victims of youth violence:

- ◆ 9-1-1 (for emergency situations to call police, fire and ambulance services)
- ◆ Kids Help Phone (help available 24/7)
  - ~ 1-800-668-6868
  - ~ [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- ◆ Youth Against Violence Line (help available 24/7)
  - ~ 1-800-680-4264
  - ~ [www.youthagainstviolenceline.com](http://www.youthagainstviolenceline.com)
- ◆ Covenant House (Vancouver) (crisis shelter for street youth)
  - ~ 604-685-7474
  - ~ [www.covenanthousebc.org/](http://www.covenanthousebc.org/)
- ◆ Onyx Voluntary Safe Care (for sexually exploited youth under 18)
  - ~ 604-633-1472
  - ~ <http://www.fsgv.ca/programpages/youthservices/onyxvoluntarysafecare-directionsyouthservicescentre.html>

# What to look for...



*"I have considered suicide, because of all the bullying some people do to me."*

(McCreary Centre Society, 2009. p.28)

For many young people, their friends are the most important people in their lives. Because of this, you may be able to help friends that are having difficulties. While each person is different, you may notice the following if one of your friends is involved in or has been a victim of youth violence:

- ◆ A change in behaviour especially with violent or aggressive outbursts
- ◆ Injuries with no reasonable explanation
- ◆ Suicide attempts or threats
- ◆ Bullying or intimidating others
- ◆ Isolating himself/herself from friends
- ◆ Unusual need for privacy
- ◆ Cruelty to animals
- ◆ Destruction of property or vandalism
- ◆ Use of drugs and/or alcohol
- ◆ Recent experience of humiliation, shame, loss or rejection
- ◆ Themes of death repeatedly occur in conversation, artwork, writing or reading choices
- ◆ Preoccupation with themes/acts of violence in entertainment or internet sites visited



(Striving to Reduce Youth Violence Everywhere, 2010)

## Did you know:

Many public health units and hospitals in BC have youth wellness clinics that have counsellors, nurses and doctors available to talk to. Visit <http://www.health.gov.bc.ca/socsec/> to find one in your area.



# If you are Violent...

The reasons for violence are as many as unique as are the youth who are violent.

No matter the cause, violence has a tendency to get worse over time and can have a long-term impact on your life.

Participating in a violent lifestyle could even end your life.

If you are a youth who is violent or is having difficulty managing your feelings or is using drugs and alcohol, have the courage to get help.

## Ask Yourself

- ◆ What causes me to act violently?
- ◆ What do I get out of acting violently?
- ◆ Am I happy with the life I'm living?
- ◆ How can I improve my situation?

In the spaces below, come up with 5 reasons you want to stop being violent:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

## Reasons to make a change:

- ◆ You could get hurt
- ◆ You could lose friends
- ◆ Violence could have a bad influence on your future
- ◆ People respect those who have the courage to improve themselves
- ◆ You are worth the effort

## Useful Information:

The following may be helpful resources for youth who are violent:

- ◆ Kids Help Phone (help available 24/7)
  - ~ 1-800-668-6868
  - ~ [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- ◆ Richmond Addictions Services
  - ~ [www.richmondaddictions.ca](http://www.richmondaddictions.ca)
- ◆ Fraser South Early Psychosis Intervention Program
  - ~ [www.psychosissucks.ca/epi/](http://www.psychosissucks.ca/epi/)

# Getting Help



Whether you are a victim of youth violence or are violent yourself, it is important to know that you are not alone.

There are many other youth out there who are experi-

encing some of the same things you are.

There are many youth services in BC that can help connect you with other youth who have had similar experiences.

Adults such as teachers, doctors, nurses or counsellors can also be useful in helping you to deal with youth violence.

## Tips for Talking to Adults

- ◆ Ask about confidentiality (It is important to know who he/she can share your information with and if that would happen)
- ◆ Be clear about what you need
- ◆ If you are not sure what you need ask for help figuring it out
- ◆ Ask him/her to explain anything you don't understand or words you don't know
- ◆ Stay calm & avoid raising your voice
- ◆ Ask about other information or referrals to services that may be useful
- ◆ If you are not getting the help you need, ask to talk to someone else

## Useful Information:

The following websites may be helpful resources:

- ◆ [www.leaveoutviolence.com/english/index.htm](http://www.leaveoutviolence.com/english/index.htm) ~ LOVE offers programs across North America for youth who have experienced or been involved in youth violence
- ◆ [www.options.bc.ca](http://www.options.bc.ca) ~ Options offers a variety of youth services
- ◆ [www.pcrs.ca](http://www.pcrs.ca) ~ Pacific Community Resources offers a variety of youth and family programs in the Lower Mainland
- ◆ [www.touchfam.ca](http://www.touchfam.ca) ~ Touchstone Family Association offers youth and family services in English, Mandarin and Cantonese

# Prevention

While some things are beyond your personal control, there is a lot that you can do to protect yourself and help prevent youth violence.

## You can:

- ◆ Refuse to participate in violence
- ◆ Share what you have learned about youth violence with friends
- ◆ Join groups advocating non-violence
- ◆ Build your protective factors
- ◆ Help friends build protective factors
- ◆ Don't try to get back at someone who has been violent toward you
- ◆ Tell an adult if you see or experience youth violence
- ◆ Create an antiviolence group at your school or online



In the spaces below, come up with 3 ideas for how you can prevent youth violence:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

## Useful Information:

The following websites may be helpful resources for information on prevention:

- ◆ [www.psychosissucks.ca/epi/](http://www.psychosissucks.ca/epi/) ~ Fraser South Early Psychosis Intervention Program
- ◆ [www.richmondaddictions.ca](http://www.richmondaddictions.ca) ~ Richmond Addictions Services
- ◆ [www.mypolice.ca/children\\_and\\_youth/home.html](http://www.mypolice.ca/children_and_youth/home.html) ~ Canada's Police Information Portal
- ◆ [www.cyberbullying.us/](http://www.cyberbullying.us/) ~ Cyberbullying Research Center
- ◆ [www.bullying.org](http://www.bullying.org)
- ◆ [www.safeyouth.gov/Pages/Home.aspx](http://www.safeyouth.gov/Pages/Home.aspx) ~ Striving to Reduce Violence Everywhere

# Resources

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## Emergency Situations

- ◆ 9-1-1 (to call police, fire or ambulance)
- ◆ Kids Help Phone
  - ~ 1-800-668-6868
  - ~ [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- ◆ Youth Against Violence Line
  - ~ 1-800-680-4264
  - ~ [www.youthagainstviolenceline.com](http://www.youthagainstviolenceline.com)

“It is not what happens to you, but how you react to it that matters.”

~ Epictetus

Additional resources can be found in the grey boxes on pages 15, 17, 18 and 19.

## Services for Youth & Family

- ◆ Watari Day Youth Program
  - ~ [www.watari.org/](http://www.watari.org/)
- ◆ Leave Out Violence (LOVE)
  - ~ [www.leaveoutviolence.com/english/index.htm](http://www.leaveoutviolence.com/english/index.htm)
- ◆ Broadway Youth Resource Centre (Vancouver)
  - ~ <http://broadwayyouthresourcecentre.org/>
- ◆ Little Black Book (youth services in Surrey, Langley, Delta)
  - ~ <http://www.cjibc.org/PDFs/LittleBlackBook4thEd.pdf>
- ◆ Urban Native Youth Association
  - ~ [www.unya.bc.ca](http://www.unya.bc.ca)
- ◆ Virsa
  - ~ [www.virsa.ca](http://www.virsa.ca)
- ◆ Covenant House (Vancouver) (crisis shelter for street youth)
  - ~ 604-685-7474
  - ~ [www.covenanthousebc.org/](http://www.covenanthousebc.org/)



# References

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Problem Solving and Goal Activities on pages 8-14 were adapted from *Dealing with Depression: Antidepressant Skills for Teens* by D. Blisker, M. Gilbert, D. Worling and E. J. Garland. (No Date).

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Bullying.org: <http://www.bullying.org/>

Cyberbullying Research Center: <http://www.cyberbullying.us/shareyourstory.php>

Public Health Agency of Canada: [http://www.phac-aspc.gc.ca/ncfvvcnivf/familyviolence.html/nfntsyjviolence\\_e.html](http://www.phac-aspc.gc.ca/ncfvvcnivf/familyviolence.html/nfntsyjviolence_e.html)

Striving to Reduce Violence Everywhere: <http://www.safeyouth.gov/Pages/Home.aspx>

Project Gang Proof Gangs Fact Sheet: <http://www.gov.mb.ca/justice/safe/gangproof/factsheet.pdf>

# References

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## Images retrieved from the following websites:

Page 2: Top Right: <http://img2.timeinc.net/health/images/slides/woman-crying-running-makeup-400x400.jpg>

Top Left: <http://www.tri.org/public/images/stk88980cor.jpg>

Page 3: [http://www.attainmagazine.co.uk/images/summer2008/photo\\_bullying.jpg](http://www.attainmagazine.co.uk/images/summer2008/photo_bullying.jpg)

Page 4: <http://dark.pozadia.org/wallpaper/Punk-Fist/>

Page 5: Middle Right: <http://www.google.ca/imgres?imgurl=http://www.glogster.com/media/3/6/87/89/6878983.jpg>

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Lower Left Bottom: [http://www.google.ca/imgres?imgurl=http://www.trinityteen.com/solutions.com/blog/wp-content/uploads/2009/10/pink-texting.jpg&imgrefurl=http://www.trinityteensolutions.com/blog/Index.php/troubled-teens/teens-and-technology-part-1/&usg=\\_\\_IGAK-pFDMujiQ1\\_T0oq3Bxf-](http://www.google.ca/imgres?imgurl=http://www.trinityteen.com/solutions.com/blog/wp-content/uploads/2009/10/pink-texting.jpg&imgrefurl=http://www.trinityteensolutions.com/blog/Index.php/troubled-teens/teens-and-technology-part-1/&usg=__IGAK-pFDMujiQ1_T0oq3Bxf-)

Page 6 Top: [http://www.24sevencities.com/wp-content/uploads/2009/09/rainbow\\_flag\\_and\\_blue\\_skies.jpg](http://www.24sevencities.com/wp-content/uploads/2009/09/rainbow_flag_and_blue_skies.jpg)

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Center: [http://farm4.static.flickr.com/3279/2619334186\\_4931c10ed2.jpg](http://farm4.static.flickr.com/3279/2619334186_4931c10ed2.jpg)

Right: <http://www.focusonlinecommunities.com/servlet/JiveServlet/showImage/38-2287-3726/Teen+drug+abuse.jpg>

Page 7: <http://www.google.ca/imgres?imgurl=http://globalcc.files.wordpress.com/2009/07/india.jpg>

Page 8: [http://www.google.ca/imgres?imgurl=http://farm4.static.flickr.com/3131/3160528007\\_a0b152917e.jpg&imgrefurl=http://ontheroad.randomcally.com/2009/06/03/writing-contest/&usg=\\_\\_zdoq77-yG9JEhiE2D8oPN6dcgEI=&h=333&w=500&sz=103&hl=en&start=69&tbnid=X7\\_bG30AjGI0zM:&tbnh=150&tbnw=197&prev=/images%3Fq%3Dteen%2Bwriting%26hl%3Den%26biw%3D1280%26bih%3D656%26gbv%3D2%26tbs%3Disch:10%2C2394&itbs=1&iact=hc&vpx=345&vpy=236&dur=826&hovh=183&hovw=275&tx=153&ty=91&ei=tZBTTMPsMo-8sQPS8ZjaAg&page=5&ndsp=17&ved=1t:429,r:12,s:69&biw=1280&bih=656](http://www.google.ca/imgres?imgurl=http://farm4.static.flickr.com/3131/3160528007_a0b152917e.jpg&imgrefurl=http://ontheroad.randomcally.com/2009/06/03/writing-contest/&usg=__zdoq77-yG9JEhiE2D8oPN6dcgEI=&h=333&w=500&sz=103&hl=en&start=69&tbnid=X7_bG30AjGI0zM:&tbnh=150&tbnw=197&prev=/images%3Fq%3Dteen%2Bwriting%26hl%3Den%26biw%3D1280%26bih%3D656%26gbv%3D2%26tbs%3Disch:10%2C2394&itbs=1&iact=hc&vpx=345&vpy=236&dur=826&hovh=183&hovw=275&tx=153&ty=91&ei=tZBTTMPsMo-8sQPS8ZjaAg&page=5&ndsp=17&ved=1t:429,r:12,s:69&biw=1280&bih=656)

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Images retrieved from the following websites continued:

Page 9 Top Left: <http://www.google.ca/imgres?imgurl=http://kenoath.files.wordpress.com/2009/06/bulb.jpg>

Middle Right: [http://www.google.ca/imgres?imgurl=http://4.bp.blogspot.com/\\_pLgmbLjZhBw/TBrdhSAOgkl/AAAAAAAAAVM/8N4esNCIbKE/s1600/writing.jpg&imgrefurl=http://tannerpemelton.blogspot.com/&usg=\\_\\_QVg-aL1zz9VjD1SGjckoGgxNIm8=&h=1050&w=1050&sz=102&hl=en&start=395&tbnid=1BhIW2pXeLACM:&tbnh=169&tbnw=225&prev=/images%3Fq%3Dyouth%2Bwriting%26hl%3Den%26biw%3D1280%26bih%3D656%26gbv%3D2%26tbs%3Disch:10%2C12654&itbs=1&iact=hc&vpx=482&vpy=95&dur=74&hovh=225&hovw=225&tx=147&ty=115&ei=N5BTTJPUl4v0swPJbDaAg&page=24&ndsp=18&ved=1t:429,r:8,s:395&biw=1280&bih=656](http://www.google.ca/imgres?imgurl=http://4.bp.blogspot.com/_pLgmbLjZhBw/TBrdhSAOgkl/AAAAAAAAAVM/8N4esNCIbKE/s1600/writing.jpg&imgrefurl=http://tannerpemelton.blogspot.com/&usg=__QVg-aL1zz9VjD1SGjckoGgxNIm8=&h=1050&w=1050&sz=102&hl=en&start=395&tbnid=1BhIW2pXeLACM:&tbnh=169&tbnw=225&prev=/images%3Fq%3Dyouth%2Bwriting%26hl%3Den%26biw%3D1280%26bih%3D656%26gbv%3D2%26tbs%3Disch:10%2C12654&itbs=1&iact=hc&vpx=482&vpy=95&dur=74&hovh=225&hovw=225&tx=147&ty=115&ei=N5BTTJPUl4v0swPJbDaAg&page=24&ndsp=18&ved=1t:429,r:8,s:395&biw=1280&bih=656)

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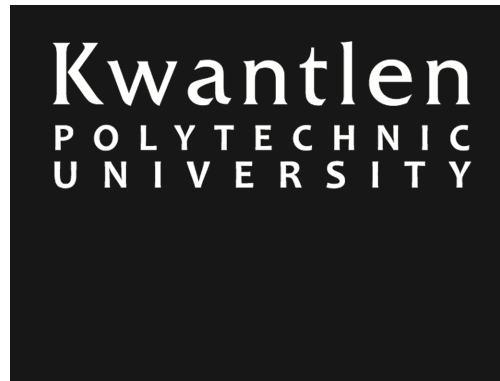
Page 16 Top Left: <http://thoughtsfromthecouch.files.wordpress.com/2010/04/troubled-teen-boy-hat-sitting.jpg>

Middle Right: [http://padmahari.files.wordpress.com/2010/03/screaming\\_man.jpg](http://padmahari.files.wordpress.com/2010/03/screaming_man.jpg)

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Lower Left: <http://www.passporthealthusa.com/ezone/images/hands-pile.jpg&imgrefurl=http://www.passporthealthusa.com/ezone/pages/ezinemarch2010.html>



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