



What you should know about violence

Violence is the damaging and destructive use of force to hurt someone or make them feel afraid. Bullying and harassment can involve violence.

Violence:

- limits the safety, rights and freedom of others
- can be physical, verbal, emotional
- can be a one-off incident between individuals or groups
- can be part of a relationship
- can be provoked or unprovoked
- may be used by those who are being bullied in an effort to become more powerful.

We all get angry, frustrated and confused. Violence is not an acceptable way of solving conflict or obtaining control over a situation.