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Breaking the Cycle of Violence

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### Do the Write Thing Essay, 2015

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## Violence

G 615099

V-i-o-l-e-n-c-e. This word is not a good thing to do but to me some people do it for revenge or to get rid of anger. Violence is not a good thing to do or to even use to try and solve a problem. Violence makes me scared to go outside because there was a person who got stabbed, shot, and mugged. There is always a better way to deal with something instead of using violence. Younger children see violence happen and think it's ok to do because they might have seen it on tv or at home.

One way to see violence is through bullying. Yes bullying is where people mostly use violence because they are hurting someone else in a physical way. Another way that you can see violence is physical abuse. This mostly happens in a place where no one can see which is in private. I know that someone that is violent has been hurt badly before to hurt another. It can make people do crazy things like murder or kill. There is always a reason for someone to use violence. There are shows that show people violence and how to be violent. When I'm older I would love to help people feel like they can tell me anything that's going on in their life like a therapist because therapists help violent people. In a problem it's always hard to choose to use violence or to talk it out which not to many people do.

I think when some people see violence happening they don't really get involved because they are scared they might get hurt but I have a question. What would you do if you saw violence happening? If you ask me I don't really know what I would do because hey im just a person not Superwomen, but I would try to find help as fast as I can. You can't always be a hero but at least do something even if it's calling the police. I hope you at least try to help the victim in need. I always think that I can stop violence and make a difference but I feel like I can help because I don't think I'm brave or confident enough. Violence has affected my life because I don't feel safe in my own apartment building. One time I was going to my bus stop when my neighbor told me that someone got mugged the night before inside my building. Now, everytime I come home I quickly run up the stairs and being an asthmatic it's a little hard to do. That was really scary because barely anything happens in my building so, it affected me by making me nervous. Violence is something I'm truly against but I know that sometimes one person's opinion can't change much but it's a start. Some people think violence makes them look tough but keep it up and the only people who will think your tough are your jailmates or cellmates. Sometimes it just takes someone to go to jail or prison so they'll regret what they did and never do it again. Most people learn their lesson but others take a few years or longer.

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Alcohol is a major reason for violence because those people don't have control over what they do and they don't remember the next day. Alcohol makes people what are the word oh yeah crazy in the head . Drunk people tend to hurt anything in their way and I mean anything from people to animals even trash cans . They are sometimes a little cranky and when someone tries to help they tend to get a little violent just like most homeless people . Geesh try and help the person and they get all " leave me alone" or " go away"'. Some abusive husbands/boyfriends go to the bar and get drunk and then come home and go all wreck it ralph on their girlfriend/wife and guess who pays for it the victim getting violently abused. More than 1,000 women and children are victims of physical abuse and the worst part is they are too scared to tell someone . You can help, you can make a difference and help save thousands and even millions of lives . Alcohol is one of the many,many, reasons for violence being done so alcohol should not be sold.

I think violence can be stopped if people really try but it's not always going to work. I have many thoughts but one is how to stop violence from happening before it gets worse. I can always try to help but others should too. I didn't really say if I ever used violence because I haven't and I won't, I know it's wrong but I have seen it and in most cases they are some examples that I said but they all use violence. There will always be violence everywhere but that won't have to happen if we do something. So that's pretty much it. What does violence mean to me? I think I answered that. Violence can be stopped and I personally think we can do it!