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Breaking the Cycle of Violence

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### Do the Write Thing Essay, 2015

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# violence

Violence comes in many forms. It is something that many people deal with whether it is mental, physical or emotional. Violence has affected my life in two way's. Here is my story:

One day my friend and I were walking to the store to get some milk for cereal. As we entered the store a lady was talking on the phone behind us. All of a sudden a man came up and took the phone from her and threw it on the ground. The women screamed and kicked and yelled for help .The man then chocked the lady and threw her in the car. The man looked around before he got in and told a man outside of the store that he see anything, the man outside of the store ran inside. My friend and I ran home. We told my mom and she called the police. This affected me because it made me afraid to walk around my neighborhood. I don't feel safe in my own community. This was a form of physical violence, and mental violence. The man physically assaulted the woman and that was not ok. Since this incident I don't like to walk anywhere by myself in my town. Mentally I am worried about my safety.

Youth violence is also a type of violence that affects us all. To me youth violence is when kids do what criminals do. Like joining gangs, bullying and doing drugs. My advice to anyone that is a part of youth violence or violence in general is do the right thing by going to school and becoming successful. We are responsible for ourselves. Just because your friends are doing it you don't have to. Be a leader not a follower! Walk away. There are things we can do about violence, like if someone is bullying you at school tell a teacher. Or if someone is threatening you run home and be aware of you're surroundings. Don't let violence bring you down, be the best you can be.

Another time violence has affected my life is when I was at my nana's house. My family was in the house and we heard something. It was a gun shot. My family and I looked outside and saw people running. We knew that it was a gun as soon as we heard it. We all got on the floor and my nana closed and locked

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the door. My aunt told us not to get up until she said to. My cousin was crying so I went over there and held her the shooting stopped and my aunt said to get up. The next day on the news it said one of my aunts good friends got shot .This made my family upset because he was very nice. That is a form of youth violence because a person under 18 shot him.

In conclusion Physical violence is when someone harms someone and it hurts them on their body instead of in their minds. Physical violence can kill you. You are a person not a doll you can do something about it. If you want to do something about violence talk to you're family or teacher about it. Don't be violent its not good and you can go to jail. Be nice to people and do the right thing.