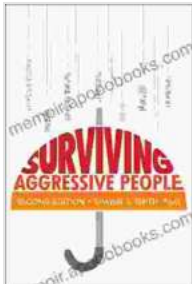# Practical Violence Prevention Skills For The Workplace And The Street

Surviving Aggressive People: Practical Violence Prevention Skills for the Workplace and the Street

by Ellen Bass

★★★★☆ 4.6 out of 5

Language	: English
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Violence is a serious problem in our society, and it can happen anywhere, at any time. The workplace is not immune to violence, and in fact, it can be a particularly dangerous place. According to the Bureau of Labor Statistics, there were over 1 million nonfatal workplace violence incidents in the United States in 2018. That's an average of over 2,700 incidents every day.

Street violence is also a major problem, and it can be even more dangerous than workplace violence. According to the National Crime Victimization Survey, there were over 1 million nonfatal violent crimes committed in the United States in 2018. That's an average of over 2,700 violent crimes every day.

If you are concerned about your safety, there are a number of things you can do to protect yourself. One of the best things you can do is learn practical violence prevention skills.

This guide will provide you with the skills you need to prevent violence in the workplace and on the street. You will learn how to:

- Identify potential threats

- Avoid dangerous situations

- De-escalate conflict

- Use physical force if necessary

These skills are not difficult to learn, but they can be life-saving. If you are serious about protecting yourself from violence, then I urge you to read this guide and learn the skills that it contains.

Chapter 1: Identifying Potential Threats

The first step to preventing violence is to be able to identify potential threats. This is not always easy, but there are a number of things you can look for:

- **Body language**: Pay attention to the person's body language. Are they making eye contact? Are they standing close to you? Are they fidgeting or moving around nervously? These can all be signs of potential aggression.

- **Verbal cues**: Listen to what the person is saying. Are they making threats? Are they using profanity? Are they talking in a loud or aggressive tone of voice? These can all be signs of potential violence.

- **Past behavior**: If you know the person, think about their past behavior. Have they ever been violent in the past? Do they have a history of making threats? This information can help you assess their potential for violence.

If you see any of these signs, it is important to be cautious. You should try to avoid contact with the person if possible. If you cannot avoid contact, be sure to stay calm and avoid making any sudden movements. You should also be prepared to use physical force if necessary.

Chapter 2: Avoiding Dangerous Situations

The best way to prevent violence is to avoid dangerous situations altogether. This is not always possible, but there are a number of things you can do to reduce your risk:

- **Be aware of your surroundings**: Pay attention to the people and things around you. Be aware of any potential threats and take steps to avoid them.

- **Avoid isolated areas**: If you are going to be in an isolated area, be sure to take someone with you. There is safety in numbers.

- **Be careful at night**: Nighttime is a more dangerous time to be out. If you have to go out at night, be sure to stay in well-lit areas and avoid walking alone.

- **Trust your instincts**: If you feel like something is wrong, it probably is. Listen to your instincts and get out of the situation as quickly as possible.

By following these tips, you can reduce your risk of being involved in a violent situation.

Chapter 3: De-Escalating Conflict

If you find yourself in a situation where conflict is escalating, the best thing to do is to try to de-escalate the situation. This means calming down the other person and getting them to see things from your perspective.

Here are some tips for de-escalating conflict:

- **Stay calm**: It is important to stay calm and avoid getting angry or upset. This will only make the situation worse.

- **Listen to the other person**: Let the other person vent their frustrations. Do not interrupt them or try to argue with them. Just listen patiently.

- **Validate their feelings**: Once the other person has finished venting, validate their feelings. Let them know that you understand why they are upset.

- **Offer a solution**: Once you have validated the other person's feelings, offer a solution to the conflict. Be willing to compromise.

If you are able to de-escalate the conflict, you will avoid the need for violence. However, if the other person is not willing to cooperate, you may need to use physical force to protect yourself.

Chapter 4: Using Physical Force

Physical force should only be used as a last resort. However, if you are in a situation where you feel like your life is in danger, you may need to use

physical force to protect yourself.

Here are some tips for using physical force:

- **Be decisive**: If you are going to use physical force, be decisive. Do not hesitate or second-guess yourself.

- **Use the appropriate amount of force**: Use only the amount of force that is necessary to protect yourself. Do not use excessive force.

- **Be aware of your surroundings**: Be aware of the people and things around you. Make sure that you are not putting yourself in danger by using physical force.

- **Get help if needed**: If you are in a situation where you feel like you cannot handle the situation on your own, get help. Call 911 or ask someone else for help.
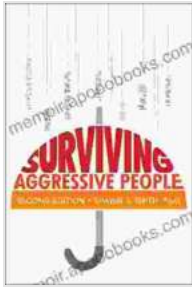
Using physical force is a serious matter. It is important to only use physical force as a last resort and to use it only in a way that is necessary to protect yourself.

Violence is a serious problem in our society, but it is one that can be prevented. By following the tips in this guide, you can learn how to identify potential threats, avoid dangerous situations, de-escalate conflict, and use physical force if necessary. These skills can help you protect yourself from violence and live a safer life.
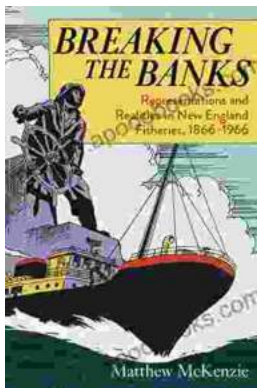
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