

SHELBY COUNTY CRIME VICTIMS & RAPE CRISIS CENTER

RESOLVING CONFLICT WITHOUT VIOLENCE

When we are able to identify our emotions,
we can reduce violence in our community.

What are
signs that you
may be
emotionally
escalated?

When we get upset, our
bodies can react without us
even realizing. Pay attention
to your body; you may notice
things like your palms
sweating, heart racing, or jaw
or fists clenching.

What can
you do when
you feel this
way?

When you recognize these
cues, engage in other
activities like deep breathing,
taking a walk, or calling a
friend. Share how you're
feeling. It's ok to be upset, it's
not ok to hurt others!

How YOU Can Help In Your Family:

- Encourage conversations with teens and young ones. Talk about how they are feeling and help them understand their emotional cues.
- Identify and practice healthy coping skills when your children are calm.
- Model respectful communication with them, and help them know you are a safe person to speak with when upset.

How YOU Can Help In Your Community:

- Be a mentor. Studies show that having just one positive role model can reduce youth violence.
- Begin prevention close to home. Visit your local police station to pick up a gun lock.
- Go to BeSmartforKids.org to learn how to talk to your kids about gun safety.
- Host a StoptheBleed.org training to help when someone has been shot.
- Organize other non-violence events in your community.

How YOU Can Help By Helping Yourself:

- Understand your emotions. Trauma can impact us physically and emotionally, even years after we experience it. This can affect how we see the world and how we communicate with others.
- Seek help. Healing trauma is also possible years after we experience it. There's no wrong time to ask for help -- CVRCC services are always free and confidential.

CRIME VICTIMS
&
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