

# Understanding Youth Violence

**Fact Sheet**

**2010**

Youth violence refers to harmful behaviors that can start early and continue into young adulthood. The young person can be a victim, an offender, or a witness to the violence.

Youth violence includes various behaviors. Some violent acts—such as bullying, slapping, or hitting—can cause more emotional harm than physical harm. Others, such as robbery and assault (with or without weapons) can lead to serious injury or even death.



## Why is youth violence a public health problem?

Youth violence is widespread in the United States (U.S.). It is the second leading cause of death for young people between the ages of 10 and 24.<sup>1</sup>

- 5,764 young people age 10 to 24 were murdered—an average of 16 each day—in 2007.<sup>1</sup>
- Over 656,000 physical assault injuries in young people age 10 to 24 were treated in U.S. emergency rooms in 2008.<sup>1</sup>
- In a 2009 nationwide survey, about 32% of high school students reported being in a physical fight in the 12 months before the survey.<sup>2</sup>
- Nearly 6% of high school students in 2009 reported taking a gun, knife, or club to school in the 30 days before the survey.<sup>2</sup>
- An estimated 20% of high school students reported being bullied on school property in 2009.<sup>2</sup>



## How does youth violence affect health?

Deaths resulting from youth violence are only part of the problem. Many young people seek medical care for violence-related injuries. These injuries can include cuts, bruises, broken bones, and gunshot wounds. Some injuries, like gunshot wounds, can lead to lasting disabilities.

Violence can also affect the health of communities. It can increase health care costs, decrease property values, and disrupt social services.<sup>3</sup>



## Who is at risk for youth violence?

A number of factors can increase the risk of a youth engaging in violence. However, the presence of these factors does not always mean that a young person will become an offender.

Risk factors for youth violence include:

- Prior history of violence
- Drug, alcohol, or tobacco use
- Association with delinquent peers
- Poor family functioning
- Poor grades in school
- Poverty in the community

*Note: This is a partial list of risk factors. For more information, see [www.cdc.gov/violenceprevention](http://www.cdc.gov/violenceprevention).*



[www.cdc.gov/violenceprevention](http://www.cdc.gov/violenceprevention)



# Understanding Youth Violence



## How can we prevent youth violence?

The ultimate goal is to stop youth violence before it starts. Several prevention strategies have been identified.

- Parent- and family-based programs improve family relations. Parents receive training on child development. They also learn skills for talking with their kids and solving problems in nonviolent ways.
- Social-development strategies teach children how to handle tough social situations. They learn how to resolve problems without using violence.
- Mentoring programs pair an adult with a young person. The adult serves as a positive role model and helps guide the young person's behavior.
- Changes can be made to the physical and social environment. These changes address the social and economic causes of violence.



## How does CDC approach youth violence prevention?

CDC uses a 4-step approach to address public health problems like youth violence.

### Step 1: Define and monitor the problem

Before we can prevent youth violence, we need to know how big the problem is, where it is, and whom it affects. CDC learns about a problem by gathering and studying data. These data are critical because they help decision makers send resources where they are needed most.

### Step 2: Identify risk and protective factors

It is not enough to know that youth violence is affecting a certain group of people in a certain area. We also need to know why. CDC conducts and supports research to answer this question. We can then develop programs to reduce or get rid of risk factors.

### Step 3: Develop and test prevention strategies

Using information gathered in research, CDC develops and tests strategies to prevent youth violence.

### Step 4: Ensure widespread adoption

In this final step, CDC shares the best prevention strategies. CDC may also provide funding or technical help so communities can adopt these strategies.

For a list of CDC activities, see *Preventing Youth Violence: Program Activities Guide* ([www.cdc.gov/violenceprevention/pub/preventingyv.html](http://www.cdc.gov/violenceprevention/pub/preventingyv.html)).



## Where can I learn more?

### Centers for Disease Control and Prevention

[www.cdc.gov/violenceprevention](http://www.cdc.gov/violenceprevention)

### STRYVE

[www.safeyouth.gov](http://www.safeyouth.gov)

### Stop Bullying Now Campaign

[www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)

### Surgeon General's Report on Youth Violence

[www.surgeongeneral.gov/library/youthviolence](http://www.surgeongeneral.gov/library/youthviolence)



## References

1. Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online]. (2010) [cited 2010 June 14]. Available from: URL: [www.cdc.gov/injury/wisqars/index.html](http://www.cdc.gov/injury/wisqars/index.html)
2. Centers for Disease Control and Prevention. Youth risk behavior surveillance—United States, 2009. *MMWR, Surveillance Summaries* 2009;59(no. SS-5).
3. Mercy J, Butchart A, Farrington D, Cerdá M. Youth violence. In: Krug E, Dahlberg LL, Mercy JA, Zwi AB, Lozano R, editors. *The World Report on Violence and Health*. Geneva (Switzerland): World Health Organization; 2002. p. 25–56.

For more information, please contact:

Centers for Disease Control and Prevention  
National Center for Injury Prevention and Control

1-800-CDC-INFO • [www.cdc.gov/violenceprevention](http://www.cdc.gov/violenceprevention) • [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)