

# Fact Sheet: Youth Violence Victimization

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## Youth Violence Victimization: The Facts

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### Who is Considered a Youth?

A youth is a person between the ages of 10 and 24 years old<sup>1</sup> of any race, ethnicity, gender, sexual orientation, economic class, or religion.

### Examples of Youth Violence

Youth violence can take different forms including bullying, threats with weapons, fights, or gang-related violence.<sup>1</sup> Violence can manifest in physical or psychological harm. Bullying can take place in person or over technology through text, social media, internet misuse, or email.

### Have you Heard?

- ◇ Homicide is the third leading cause of death for youth, accounting for about 13 youth deaths every day.<sup>1</sup>
- ◇ In 2019, approximately 20% of high school students reported being victims of bullying and about 1 in 7 students reported being victims of cyberbullying.<sup>1</sup>
- ◇ Annually, over 400,000 youth victims sustain nonfatal injuries due to assault.<sup>1</sup>
- ◇ Every year, \$20 billion is spent on combined medical and lost productivity costs due to youth violence. This does not include criminal justice costs or additional costs incurred by the parties involved or the community due to psychological and social damages.<sup>1</sup>

### Protective and Risk Factors

Whereas risk factors are associated with higher risk for negative outcomes, protective factors are related to lower risk of harm. Both categories of factors center around individual characteristics, family dynamics, school environment and performance, peer traits, and neighborhood conditions.<sup>2</sup> Many risk factors are attributed to long-term stress caused by adverse childhood experiences.<sup>1</sup>

Protective Factors	Risk Factors
Above-average intelligence and strong work ethic <sup>2</sup>	Attention problems <sup>3</sup>
Easy temperament <sup>2</sup> and refusal skills <sup>3</sup>	Antisocial behavior <sup>3</sup>
A close relationship with a parent, parental supervision, and low level of physical discipline <sup>2</sup>	Family conflict and poor family management <sup>3</sup>
Positive school environment, high academic achievement, teacher support, high academic achievement <sup>2</sup>	Low commitment to school and low school grades <sup>3</sup>
Having nondeviant friends and being involved in religious organizations <sup>2</sup>	Peer delinquency <sup>3</sup>
Living in a nondeprived, nonviolent neighborhood <sup>2</sup>	Perceived availability and exposure to marijuana and living in a neighborhood with troubled youth <sup>3</sup>

### Consequences

Youth violence victimization can have physical, psychological, and mental effects on the victim and can lead to behavioral consequences. Future delinquent behavior, such as violence perpetration and victimization, smoking and substance use, and high-risk sexual behavior, may be a consequence. Youth violence victimization can have physical and psychological effects such as obesity, depression, and suicidal ideation. Academic achievement can be affected, resulting in an increase in the likelihood of dropping out of school.<sup>1</sup>



### Prevention Strategies

Prevention strategies to decrease youth participation in violence and victimization of others center around the protective and risk factors.

- ◇ Improve self-control skills to decrease impulsivity<sup>4</sup>
- ◇ Strengthen the family and encourage effective parenting<sup>4</sup>
- ◇ Minimize violent media effects<sup>4</sup>
- ◇ Decrease the availability and accessibility of guns and weapons<sup>4</sup>
- ◇ Discourage alcohol and substance abuse in young people<sup>4</sup>
- ◇ Refine school environments<sup>4</sup> and increase teacher support

### Resources

- ◇ Striving to Reduce Youth Violence Everywhere (STRIVE)  
<https://www.cdc.gov/violenceprevention/youthviolence/stryve/index.html>
- ◇ The Timothy Project- Houston, TX (281-414-1281)  
<http://tpyouthmentoringyouth.com/>
- ◇ Youth180- Dallas, TX (214-942-5166)  
<https://www.youth180tx.org/>
- ◇ Council for At Risk Youth (CARY)- Austin, TX (512-451-4592) <https://cary4kids.org/>
- ◇ Center Against Sexual & Family Violence- El Paso, TX (915-593-7300) <https://casfv.org/>
- ◇ Metro Health Violence Prevention- San Antonio, TX <https://www.sanantonio.gov/Health/ViolencePrevention>

### References

- 1 Centers for Disease Control and Prevention. (2020). *Preventing youth violence*. [https://www.cdc.gov/violenceprevention/pdf/yv/yv-factsheet\\_2020.pdf](https://www.cdc.gov/violenceprevention/pdf/yv/yv-factsheet_2020.pdf)
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