

# What Parents & Educators Need to Know about YOUTH VIOLENCE

Youth violence affects one in four children in the UK, but it doesn't have to. When parents, carers, and educators understand the risks, they're better placed to support young people. The right support, mentoring, therapy, and guidance can help young people affected by violence to feel safe, manage conflict, and make positive choices.

## UNDERSTANDING YOUTH VIOLENCE

### WHY DO YOUNG PEOPLE COMMIT SERIOUS VIOLENCE?

A recent study surveyed over 10,000 young people affected by violence, asking why serious violence occurs during their lives, such as on campus (involving a teacher or fellow student). The most common reasons given were due to a personal characteristic of the person it is, race, religion, sexuality, gender, or gang or school rivalry, and being provoked, while not all young people face these issues, many lack the emotional regulation skills needed to manage provocation.

### WHAT ARE SIGNS A YOUNG PERSON IS AT RISK?

Children and young people often express that something is wrong through behavioural rather than words. Be alert to signs such as sudden mood changes, anxiety, unusual behaviour, excessive phone use, unfamiliar stings, unexplained injuries, fear of school, aggression, going missing, or substance use. They may also be associating with older peers. These behaviours can indicate underlying issues that can lead to violence.

### ONLINE INFLUENCES

Social media plays a powerful role in normalising and escalating violence. Platforms like TikTok and Snapchat can expose young people to harmful content, often disguised by algorithms. We see violent material that children receive, leading to fear and desensitisation. A recent study found 75% had seen real-world violence online and 50% felt less safe in their communities. Alarmingly, 33% said it made them more likely to carry a weapon. Online conflict can often spill into real life, with serious and sometimes tragic consequences.

Opportunity

Community

Wellbeing

Respect

UNCERTAINTY

CONFLICT

FEAR

### WHEN IS VIOLENCE MORE LIKELY TO HAPPEN?

For children and young people in England and Wales, the hours between 4 pm and 8 pm – just after school – carry a particularly high risk for serious violence. This can stem from factors that escalate during the school day, online arguments or simply meeting through online sites on the way home, understanding this risk helps us support safer travel and routines. Our recent report found that over one in three young people don't feel safe in the area they live in, and 25% don't feel safe walking the streets.

### WHY MIGHT A YOUNG PERSON CARRY A WEAPON?

Young people may carry weapons due to fear, threats, peer pressure, or a desire to prove themselves. Many young people say they feel under pressure to carry weapons 'just in case', while others may be influenced by social media, peers, or criminal activity. Some don't realise it's illegal or they believe it's some respect.

### WHERE IS VIOLENCE MORE LIKELY TO HAPPEN?

Violence often happens in certain places. Busy areas like transport hubs carry risk simply because lots of people gather there. Other hotspots, like places linked to drug activity, often attract people likely to get involved in violence. Some areas become risky due to poor supervision, such as under-resourced public spaces. Understanding where violence tends to occur helps us guide young people safely through their communities and advocate for better support and safer spaces.

## Advice for Parents & Educators

### TALKING TO CHILDREN ABOUT STAYING SAFE

Choose a safe moment for the conversation, emotionally and physically. If a child is upset or angry, help them settle before discussing serious topics. Listen actively without judgement, even if what they share is difficult. Avoid interrupting and apologise when the time feels right. If you're worried, you're not alone, support is available.

### AVOID CONFLICT & MANAGE ESCALATIONS

Encourage young people to consider the 'Calm It's' – Trust instincts, Take a break, and Talk to a trusted adult. When triggered or provoked, they may react from their 'hot' brain, unable to think clearly about the consequences. Noticing a storm before calm, and helping them process their 'thinking brain', remind them that moments pass, and seeking support from trusted adults builds resilience and safer decision-making.

### HELP CHILDREN UNDERSTAND CONSEQUENCES

Young people can be searched by police or teachers if suspected of carrying a weapon. If found with a knife, they could face arrest and criminal proceedings. A conviction can result in a criminal record. Even being present during a violent assault, encouraging it, filming, or posting footage can lead to prosecution. Open and honest conversations can help children understand these risks and make safer choices.

### REPORT INFORMATION

We all have a role in preventing violence. If a child shares concerns, you can act. For education, it's important to follow your school's safeguarding procedures. Other adults can report anonymously through Report or Crimestoppers, and speak with other parents, the school, or local police through 101. If someone is in immediate danger, always call 999. These steps help protect children and the wider community.

### Meet Our Expert

The Ben Kinross Trust is a UK anti-bullying crime charity educating young people through immersive workshops, campaigns, and community resources. Visit [benkinross.org.uk](http://benkinross.org.uk)



The National College

# Educators Guide To Violence In Schools

**H Kauffman**



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