



“Prevent violence before it starts.”

A Voice Against Violence

Rafael G., of North Carolina, knows how it feels to be bullied. That’s why he decided to join Students Against Violence Everywhere (SAVE). In his work with SAVE, Rafael raised money to install security cameras and floodlights in hard-to-see areas on campus. His school’s SAVE chapter also produced a television segment describing positive ways to respond to violence and crime.

Rafael is proud of the role that SAVE has played in raising awareness about violence. He also recognizes the importance of prevention. “It’s better to have a strong force in place to prevent crime or violence before it starts,” he says.



Write your answers to the following questions in your personal health journal:

- 1 What motivated Rafael to join SAVE?
- 2 What can you do to help reduce or resolve conflicts in your school?
- 3 What programs does your school have in place to prevent violence?

Results of Conflict

Conflict is a normal part of life. Because each individual is different, it’s inevitable that people will disagree sometimes. Learning to manage conflicts and deal with them before they get out of hand will strengthen all aspects of your health.

Sometimes conflict can actually bring about positive results. Working to resolve a conflict can help people improve their communication and problem-solving skills. It can also improve their social health by teaching them how to get along with people who disagree with them. In addition, dealing with conflicts can strengthen relationships. When two people make the effort to work through a conflict together, it shows their commitment to each other.

Unfortunately, conflicts can also have negative effects. They can be a major source of stress, resulting in problems such as headaches and lost sleep. Conflicts can harm your emotional and social health if they lead to anger, frustration, fear, and emotional pain. In addition, conflicts in the workplace can cause people to lose their jobs. In the worst cases, conflicts can escalate to violence, resulting in serious injury or even death.



Visit glencoe.com and complete the Student Web Activity on how saying you’re sorry can be useful in resolving conflicts.