Violence and Youth Health

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This presentation is structured in three parts.

Part One
Youth Violence

Part Two
Cyberbullying

Part Three
Youth Health: Evaluation of the Initiative
Online4Good Academy
Part One: Youth Violence

Courtesy: The peak
Youth violence typically involves young people hurting other peers who are unrelated to them and who they may or may not know well.

https://www.cdc.gov/violenceprevention/youthviolence/index.html
EAST BRIDGEWATER, MA — The lockdown at East Bridgewater High School Thursday morning happened because of a threat made on a phone app, Police Chief Scott Allen announced.

The threat referenced the 1999 Columbine High School shooting, according to police.

The threat was made through the school's anonymous tip app StopIt.

The app lets students and faculty anonymously send messages to school administrators.

East Bridgewater Police responded to the threat around 7:15 a.m., immediately after administrators received the threat.
'You're a terrorist,' says note sent to 10-year-old Muslim schoolgirl in Massachusetts

By Lauren del Valle and Julia Jones, CNN

Updated 10:28 PM ET, Wed November 14, 2018

The second note, received by the fifth-grader on Tuesday. CNN obscured parts of this photograph to protect the victim's identity.

(CNN) — A 10-year-old Muslim girl found two threatening handwritten notes in her cubby in an elementary school west of Boston, and police are investigating the notes as a hate crime.

The first note came on Friday. Scrawled in pencil was: "You're a terrorist."

On Tuesday, the student found a second threatening note: "I will kill you."
Youth violence kills and injures. In 2016, homicide was the 3rd leading cause of death for young people ages 10-24.

- About 14 young people dead from homicide
- Almost 1,400 treated in emergency departments for nonfatal assault-related injuries

Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online] 2016; www.cdc.gov/injury
### 10 Leading Causes of Injury Deaths by Age Group Highlighting Violence-Related Injury Deaths, United States - 2016

<table>
<thead>
<tr>
<th>Rank</th>
<th>Age Group</th>
<th>Cause Description</th>
<th>&lt;1</th>
<th>1-4</th>
<th>5-9</th>
<th>10-14</th>
<th>15-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65+</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Unintentional Suffocation</td>
<td>1,923</td>
<td>425</td>
<td>384</td>
<td>456</td>
<td>7,037</td>
<td>14,631</td>
<td>13,278</td>
<td>13,439</td>
<td>9,438</td>
<td>29,568</td>
<td>58,336</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Homicide Unspecified</td>
<td>132</td>
<td>334</td>
<td>147</td>
<td>247</td>
<td>4,997</td>
<td>14,561</td>
<td>5,076</td>
<td>5,536</td>
<td>5,397</td>
<td>7,429</td>
<td>38,748</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Unintentional MV Traffic</td>
<td>88</td>
<td>118</td>
<td>78</td>
<td>160</td>
<td>4,553</td>
<td>4,510</td>
<td>3,873</td>
<td>3,882</td>
<td>4,067</td>
<td>5,756</td>
<td>34,673</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Homicide Other Spec., Or Unidentified</td>
<td>63</td>
<td>114</td>
<td>68</td>
<td>103</td>
<td>2,963</td>
<td>3,299</td>
<td>2,555</td>
<td>2,112</td>
<td>2,679</td>
<td>5,021</td>
<td>22,938</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Unintentional Suffocation</td>
<td>60</td>
<td>107</td>
<td>35</td>
<td>103</td>
<td>2,100</td>
<td>2,943</td>
<td>2,199</td>
<td>1,736</td>
<td>1,538</td>
<td>3,631</td>
<td>14,415</td>
<td></td>
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<tr>
<td>6</td>
<td>Underdetermined Unspecified</td>
<td>38</td>
<td>82</td>
<td>24</td>
<td>64</td>
<td>1,439</td>
<td>850</td>
<td>1,148</td>
<td>1,420</td>
<td>1,474</td>
<td>2,458</td>
<td>11,642</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Unintentional MV Traffic</td>
<td>38</td>
<td>64</td>
<td>52</td>
<td>425</td>
<td>767</td>
<td>788</td>
<td>1,238</td>
<td>792</td>
<td>2,028</td>
<td>6,989</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Homicide Other Spec., Or Unidentified</td>
<td>64</td>
<td>16</td>
<td>39</td>
<td>463</td>
<td>515</td>
<td>929</td>
<td>738</td>
<td>6,160</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Adverse Effects</td>
<td>18</td>
<td>34</td>
<td>28</td>
<td>289</td>
<td>420</td>
<td>478</td>
<td>707</td>
<td>1,670</td>
<td>6,507</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Unintentional MV Traffic</td>
<td>18</td>
<td>34</td>
<td>23</td>
<td>199</td>
<td>326</td>
<td>419</td>
<td>625</td>
<td>3,827</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Data Source: National Center for Health Statistics (NCHS), National Vital Statistics System.
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.
Youth homicides and nonfatal physical assault-related injuries result in more than $21 billion annually in combined medical and lost productivity costs alone.

Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online] 2016; www.cdc.gov/injury
Based on a 2014 Web-based Injury Statistics Query Reporting System (WISQARS) data, there are 4,300 homicide victims aged 10 – 24. A yearly average of 12 per day. There are 6 times more male victims than females victims.

Homicide among young people 10—24 years old of age

- Male Victims: 86%
- Female Victims: 14%

Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online] 2014; www.cdc.gov/injury
In 2014, among the 4,300 homicide victims 10 - 24 years old, 86% were killed with a firearm.

Approximately 3,700 killed with a firearm.
The 2017 High School Youth Risk Behavior Surveillance Nationwide Survey

In 2017, the prevalence of violence-related behaviors among youth in grades 9—12 was higher among males than females.

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Being in a physical fight past 12 mos (US)</td>
<td>30.00%</td>
<td>17.20%</td>
</tr>
<tr>
<td>Being in a physical fight past 12 mos (MA)</td>
<td>23.00%</td>
<td>12.40%</td>
</tr>
<tr>
<td>Carry a gun at least once in past 12 mos (US)</td>
<td>7.70%</td>
<td>1.90%</td>
</tr>
<tr>
<td>Carry a gun at least once in past 12 mos (MA)</td>
<td>4.20%</td>
<td>1.00%</td>
</tr>
</tbody>
</table>

Carrying a gun excluded for hunting and sports
In 2017, the prevalence of violence-related behaviors among youth in grades 9—12 was higher among males than females.
The prevalence of youth physical fights has been steadily decreasing, from 41.8% to 23.6% between 1993 and 2017 in the United States.
The rates of physical fighting has decreased more for Massachusetts as compared to the United States during the same period.
The prevalence of weapon carrying has been steadily decreasing, from 20.3% to 11.1% between 1993 and 2017 in Massachusetts with similar downward trends for United States overall.
The prevalence of school-related weapon carrying has been steadily decreasing, from 10.1% to 2.7% between 1993 and 2017 in Massachusetts with similar downward trends for the United States overall.
In 2014, homicide was the leading cause of death for African Americans; the second for Hispanics; and the third for American Indians and Alaska Natives.

Homicide rates in 2014 for youth 10 – 24 of age among males (Number per 100,000)

- Non-Hispanic African-Americans: 48.2
- Hispanics: 9.6
- Whites: 2.6

In the last 30 days prior to the survey, 5.6% of the students did not go to school on one or more days because they felt unsafe at school or on their way to school.

The absolute number of homicides of school-age youth at school varied across the years 1992 – 2013. However, the percentage of all youth homicide has been less than 3% for the same time period.

In addition to deadly injuries, emergency departments also witness non-fatal injuries due to violence.

In 2014, half a million young people aged 10 – 24 were treated in emergency departments for injuries sustained from physical assaults.

Juveniles (under 18 years of age) accounted for **10.2%** of all violent crime arrests and **14.3%** of all property crimes arrests.
In 2015, the number of juveniles arrested for aggravated assault is leading followed by forcible rapes and murders.

Number of juveniles arrested in 2015

- Aggravated assault: 21,993
- Forcible rape: 2,745
- Murder: 605

BULLYING: Besides the physical, emotional and psychological tolls it takes on victims, bullying produces adverse socioeconomic outcomes.

• The Association for Psychological Science recently found that those who are bullies, victims or both are more likely to experience poverty, academic failure and job termination in their adulthood than those who were neither.

• Affected individuals are more likely to commit crime and to abuse drugs and alcohol.

• According to a National Association of Secondary School Principals report, the average public school can incur more than $2.3 million in lost funding and expenses as a result of lower attendance and various types of disciplinary actions.
Some good news: Massachusetts has the lowest rates of bullying in the United States rated 48th out of 47 states and D.C.¹

¹ Sep 6, 2018, Adam McCann, Financial Writer https://wallethub.com/edu/best-worst-states-at-controlling-bullying/9920/ Note - Due to data limitations the states of Minnesota, Oregon, and Washington were not included in the rankings.
The 2017 Youth Behavior Risk Surveillance Survey: Youth in grades 9 – 12 reported **bullying on school property** as well **“electronic” bullying** (Email, chatroom, website, IM, texting)

In 2017, 19% of U.S. and 14.6% of Massachusetts students (grades 9 – 12) reported being bullied on school property in the 12 months prior to the survey. The prevalence was about 1.5 higher among females than males. Electronic bullying showed an even greater 2-fold relative risk for females.
What are the opportunities for action?
The CDC’s Preventing Youth Violence: Opportunities for Action identifies actions (in four categories) each of us can take to STOP youth violence before it starts.

Community leaders and members
Public Health Professionals
Families, caregivers, and other adults
Young people

What are the resources at the Federal Level?
The CDC VetoViolence provides training and tools designed specifically for prevention practitioners.

https://vetoviolence.cdc.gov
STRYVE: A set of interactive resources designed to help working groups customize their youth violence prevention work and track your efforts.

https://vetoviolence.cdc.gov/apps/stryve/
The **UNITY RoadMap** is an interactive tool for learning about ways to effectively and sustainably prevent violence.

http://www.preventioninstitute.org/unity/general/unity-roadmap
What resources do we have in Massachusetts?
The Massachusetts Department of Health addresses youth violence using primary violence prevention and secondary violence prevention through positive youth development.

https://www.mass.gov/service-details/youth-violence-prevention-through-positive-youth-development
Jane Doe Inc. offers an interactive service locator tool. One can search by zip code, or town.

http://www.janedoe.org/find_help/search
The Harvard T. H. Chan School of Public Health Web-Mobile App is being developed to crowdsource violence prevention services in Greater Boston.

https://harvard-cga.maps.arcgis.com/home/webmapviewer.html?webmap=ee4318ab5ff647838f8be930ca40ecab

Stay tuned …
Any existing violence prevention activities in your health departments?
Part Two: Cyberbullying
“Cyberbullying is a systematic abuse of power which occurs through the use of information and communication technologies” (Slonje et al., 2013)

https://www.stopbullying.gov/cyberbullying/what-is-it/index.html
The unique nature of cyberbullying can be captured by the following *:

- The digital world
- Audience and visibility of cyberbullying
- Power
- Anonymity

* For a more comprehensive description, read “Cyberbullying” by Lucy R Betts.
The **digital world** is a liberating environment.

“The digital world is a liberating environment for young people (Erdur-Baker, 2010). In the digital world, young people have unprecedented opportunities to express their identities.”

Audience and visibility: Cyberbullying can potentially have a global audience due to the advances in technology.

“The audience of cyberbullying, and consequently the scope of actions, are also potentially much greater than face-to-face bullying (Holladay, 2011; Tokunaga, 2010)."
Power Balance: The ability to remain anonymous can influence the power balance between the target and the perpetrator. Lucy R. Betts. “Cyberbullying”, 2016.
Anonymity plays an important role in cyberbullying. – Lucy R. Betts. “Cyberbullying”, 2016.
2016 – In a nationally representative sample of 5,707 U.S. 12–17 years old middle and high school students, 34% of the students reported cyberbullying victimization.

Approximately 2,000 students reported cyberbullying incidents

Mean or hurtful comments and rumors
Threaten to hurt me
Pretended to be me
Posted a mean or hurtful picture
Created a mean or hurtful webpage about me
Posted mean or hurtful videos

What is Sexting?

"Sexting" is the act of sending, receiving, or forwarding sexually explicit messages, photos, or images via cell phone, computer, or other digital device.

2016 – National U.S. sample of 5,539, 12—17 years old middle and high school students.
An illustration of a growing trend based on a 2010 study. 4,416 randomly selected students 11 – 18 from a public school.

A 2012 study in Texas highlights statistically significant (*) gender differences in sexting behaviors.

7 Public high schools

N = 948 high school students

Self reported history of dating, sexual behaviors, and sexting

What does the law say about sexting?
Sexting is legal between consenting adults. However, minors who exchange explicit contents (images or videos) are at risk of legal prosecution under the Child Pornography Law.
Is it fair to apply these child pornography laws to kids who are caught sexting?

DOI: 10.1002/bsl.2335 Available from
The good news is that some states are reconsidering changing the law in a effort to include some language about sexting.

20 states have considered reducing the harshness sentencing by introducing laws that include terminology specific to “teen sexting.”


In Massachusetts, Sexting still falls under the Child Pornography Law.

"Sexting" may violate the laws of the Commonwealth that were established to keep our children safe.

The child pornography laws in Massachusetts are all felonies; they are quite serious, and there are no "lesser" charges (i.e. misdemeanors) that apply to this conduct.

Berkshire County District Attorney

In 2011, Jannis Wolak and team found that arrests of minors for child pornography were uncommon unless adults or “aggravating elements” (non-consensual or malicious use) were involved.

“Many of the youth sexting cases that come to the attention of police include aggravating circumstances that raise concerns about health and risky sexual behavior, although some cases were relatively benign. Overall, arrest is not typical in cases with no adults involved.”

Wolak et al, “How Often Are Teens Arrested for Sexting? Data From a National Sample of Police Cases”
Pediatrics January 2012, Vol 129, Issue 1
What are the resources for parents and educators?

- Massachusetts Aggression Reduction Center (MARC)
- Cyberbullying Research Center
- Mass.Gov
  The Official Website of the Attorney General of Massachusetts
Part Three
Evaluation of Community-Level Interventions

Courtesy: carabinercomms.com
Empower Peace (EP) is a non-profit located in Boston. EP coordinates grassroots programs to educate and encourage young people to promote peace and cultural understanding.

http://empowerpeace.org/aboutus/index.html
The Online4Good Academy is a program of Empower Peace.

“They [students] will learn to develop online social media campaigns that say no to hatred and prejudice, and that promote social good.”

-- Empower Peace

http://www.online4good.com/index.html#whatis
In 2017, approximately 100 middle and high school students attended the Online4Good Academy in Boston, where they were taught to develop social media campaigns promoting acceptance and tolerance.
### Characteristics of the 22 schools participating in the one-day Online4Good Academy Training.

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Frequencies/Descriptive statistics</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Geographic location</strong></td>
<td></td>
</tr>
<tr>
<td>Northeast:</td>
<td>7 (31%)</td>
</tr>
<tr>
<td>Southeast:</td>
<td>6 (27%)</td>
</tr>
<tr>
<td>Western:</td>
<td>3 (14%)</td>
</tr>
<tr>
<td>Central:</td>
<td>3 (14%)</td>
</tr>
<tr>
<td>Boston:</td>
<td>3 (14%)</td>
</tr>
<tr>
<td><strong>Type of school</strong></td>
<td></td>
</tr>
<tr>
<td>High schools:</td>
<td>10 (46%)</td>
</tr>
<tr>
<td>Mixed high school and middle school:</td>
<td>4 (18%)</td>
</tr>
<tr>
<td>Middle schools:</td>
<td>8 (36%)</td>
</tr>
<tr>
<td>Public schools:</td>
<td>18 (82%)</td>
</tr>
<tr>
<td>Private schools:</td>
<td>4 (18%)</td>
</tr>
</tbody>
</table>
| **Median household income of the town where the school is located** | Mean = $73,160 (SD=$38,451)  
Median = $69,829 Range ($18,226 – $199,519) |
| **School diversity score (the probability that two randomly selected kids from the school belong to two different races or ethnic groups)** | Mean = 0.26 (SD=0.14) 
Median = 0.19 (Range=0.12 – 0.58) |
| **Percentage of student population being white**     | Mean = 76% (SD=28%)  
Median = 87% (Range=2.5% - 98%) |
Pre/Post intervention assessments with exposed/control groups

PRE-INTERVENTION (BASELINE) ASSESSMENT

Group A and Group B (Control)

INTERVENTION

Group A: Online4Good Academy Training

Group B (Control): Emergency Preparedness

POST-INTERVENTION ASSESSMENT

Group A and Group B (Control)
Pre-intervention (Baseline) Results
In our sample of 196 high school students: Twice many females than males; Almost twice many Whites than non-Whites
Over 60% of the students were 9th and 12th graders; Most of the students were in the [A- and B+] range.
15% of the students experienced discrimination due to race/ethnicity.
In our sample, 94% of students reported to have a social media profile, 84% use it daily, and YouTube is the mostly used platform.
How do we define **Motivational Cultural Intelligence**, **Acceptance of Cultural Differences**, and **Empathic Awareness**?

- **Motivational Cultural Intelligence**: Active pursuit of learning about and functioning in multi-cultural environments.

- **Acceptance of Cultural Differences**: Passive acceptance and understanding and appreciation of different racial-ethnic cultural traditions.

- **Empathic Awareness**: Acknowledgement of structural racism in society.


72% of the students had at least a medium score in CI; The students are generally accepting of cultural differences.

For Acceptance of Cultural Differences, the average score was 18 on a scale of [0, 20]
For Empathic Awareness scores, the data shows an even split!

<table>
<thead>
<tr>
<th>Empathic Awareness Score of the students at baseline</th>
<th>Low (&lt; 13)</th>
<th>High (&gt;13)</th>
</tr>
</thead>
<tbody>
<tr>
<td>50%</td>
<td>50%</td>
<td></td>
</tr>
</tbody>
</table>
16% of the students were frequently or very frequently exposed to hate messages.

<table>
<thead>
<tr>
<th>Race</th>
<th>Sexual orientation</th>
<th>Religion</th>
<th>Gender identity</th>
<th>Disability</th>
<th>Political views</th>
<th>Physical appearance</th>
</tr>
</thead>
</table>
The most frequent target of hate messages were: **race**, **sexual orientation**, **religion**, **gender identity**.

- Race (54%)
- Sexual orientation (37%)
- Religion (33%)
- Gender identity (22%)

Other targets included: disability, ethnicity, gender, political views, physical appearance (i.e. obesity), personality and poverty.
50% reported to have encountered hate messages on social media.

### Places where hate messages were encountered

- Social media: 50%
- Verbal speech by a known person: 26%
- Verbal speech by a stranger: 25%
- TV: 15%
- Music: 11%
According to teachers interviewed, the major concerns are: discriminatory behaviors, and the lack of sustainability of some initiatives.

“The things that they're exposed to...they're becoming so desensitized to ...things, like violence or things like that, that concerns me, that they don’t think that's a big deal, whether it’s fighting or the language.”
# Summary

<table>
<thead>
<tr>
<th>Youth Violence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cyberbullying</td>
</tr>
<tr>
<td>Sexting</td>
</tr>
<tr>
<td>Resources available</td>
</tr>
</tbody>
</table>
ELEN EPREP Team Members

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