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“A Moral Kid” Presentation Notes and References

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Violence And Youths - Slide 3

Homicide is the 2nd leading cause of death among 10-19 year olds, and the leading cause of death for 10-19 year old African Americans. (CDC 2010)

In a 2009 nationwide survey, about 32% of high school students reported being in a physical fight in the 12 months before the survey. (CDC 2010).

An estimated 20% of high school students reported being bullied on school property in 2009 (CDC 2010).

Teens who commit acts of violence are often involved in other types of risky or criminal behavior. They may use drugs, carry weapons, driver recklessly and have unsafe sex (U.S. Surgeon General 2001).

Less than 1% of all homicides and suicides among school-age youth occur on school grounds, on the way to or from school, or on the way to or from school sponsor events (CDC, 2010 -Anderson et al 2001).

Violence And Youths – Slide 4

5,764 young people age 10 to 24 were murdered - an average of 16 each data in 2007. Homicide victims 86% male, 14% female. 84% were killed with a firearm (CDC 2010).

Over 656,000 physical assault injuries in young people age 10 to 24 were treated in U.S. emergency rooms in 2008 (CDC 2010)

Shadow Violence - Slide 9

In the United States, tobacco use is responsible for about one in five deaths annually (i.e., about 443,000 deaths per year, and an estimated 49,000 of these smoking-related deaths are the result of secondhand smoke exposure). Worldwide, tobacco use causes more than 5 million deaths per year, and current trends show that tobacco use will cause more than 8 million deaths annually by 2030. (CDC 2011)

Exposure to potential cancer risks in daily life is widespread but underestimated, especially for children, a presidential panel said today. The Presidential Cancer Panel said the public remains by and large

unaware of such common cancer risks as formaldehyde, benzene and radon. The report also faults U.S. policy for allowing most of the 80,000 chemicals in use to go largely unstudied and unregulated (Martin 2010).

House Votes to Expand Definition of Hate Crimes. The House voted by a wide margin on Thursday to expand the definition of violent federal hate crimes to cover those committed because of a victim's gender, sexual orientation, gender identity or disability. Most Democrats voted for the measure, as did more than 40 Republicans (Hulse 2009).

Why Care? Why Fight Violence – Slide 11

The latest figures available show that the number of refugees of concern to UNHCR stood at 10.5 million refugees at the beginning of 2011 (UNHCR 2011)

The High Five Principles - Slide 36

A happy heart just might be a healthier one as well, new research suggests. In a study of nearly 3,000 healthy British adults, lead by Dr. Andrew Steptoe of University College London, found that those who reported upbeat moods had lower levels of cortisol -- a "stress" hormone that, when chronically elevated, may contribute to high blood pressure, abdominal obesity and dampened immune function, among other problems. Researchers have long noted that happier people tend to be in better health than those who are persistently stressed, hostile or pessimistic (Norton 2008).

Hostile people may be paying a price in terms of heart health, a new study finds. These people showed a thickening in the walls of their neck arteries tied to a 40% higher risk of having the artery narrow. And that could boost their risk for cardiovascular disease, heart attack and stroke, the researchers concluded. Lead researcher Angelina Sutin, a postdoctoral fellow at the U.S. National Institute on Aging said, "Agreeable people tend to be trusting, straightforward and show concern for others, while people who score high on antagonism tend to be self-centered and quick to express anger," (Reinberg 2010).

Bullying Is Violence - Slide 40

A study just published in the Australian and New Zealand Journal of Psychiatry found that adults who were bullied as children were more likely than others to suffer from depression and anxiety, as well as a host of physical ills, including fatigue, pain and a greater susceptibility to colds (Carroll 2010).

Brain scans of young, aggressive bullies suggest they may actually enjoy seeing others in pain, according to a new University of Chicago study. Functional Magnetic Resonance Imaging (fMRI) scans of eight 16- to 18-year-old boys with aggressive conduct disorder and eight matched adolescents without conduct disorder led researchers to this new hypothesis. The study showed increased activity in an area of the brain associated with rewards when the aggressive boys watched a video clip of someone inflicting pain on another person. The control group did not have the same response (NSF 2008).

Research - Slide 74

Scientists have identified a tiny genetic defect that appears to predispose some men toward aggression, impulsiveness and violence. Comparing the monamine oxidase-a genes in 5 afflicted and 12 nonafflicted males of the family, the scientists found a difference in only a single biochemical building block among the thousands that make up the gene, a type of defect called a point mutation. In each case, those who showed a predisposition to aggressive, impulsive behavior had the mutation. Biochemical analysis of the men's skin cells also showed a severe deficiency in the essential enzyme (Angier 1993).

Generally, posters presented at conferences seldom get due attention, but a poster authored by 11 scientists from the U.S. and two from U.K. at the 54th Annual meeting of the Society Of Nuclear Medicine (SNM) on June 4th 2007 received well deserved publicity when they named a brain PET (Positron Emission Tomography) images that showed the correlation between radiotracer uptake and aggressive behavior in men as the "SNM 2007 Image of the Year. Monoamine oxidase A (MAO A) is a brain enzyme. Researchers at the U.S. Department of Energy's Brookhaven National Laboratory showed that healthy men with lower levels of this enzyme exhibited more aggressive personality traits (Parthasarathy 2007).

Scientists have found evidence that aggression rewards the brain in much the same way as sex, food and drugs. Researchers at Vanderbilt University in Nashville found that the same "reward pathway" in the brain responds to aggression with the release of the neurotransmitter dopamine, known to be produced in response to various stimuli. Craig Kennedy, a professor of special education at Vanderbilt said "In just about any species you look at, aggression is part of their behavioral repertoire." "Aggression has survived the long path of evolution, because it proved very useful along the way. But among humans, it has become a bit of a problem" Kennedy said (Dye 2008).

A spike in murders in many cities is claiming a startling number of victims with criminal records, police say, suggesting that drug and gang wars are behind the escalating violence. David Kennedy, a professor at New York's John Jay College of Criminal Justice, says "The notion that these (murders) are random bolts of lightning is not the reality," While it was common in the past for murder victims to have criminal records, the current levels are surprising even to analysts who study homicides (Johnson 2007).

Research - Slide 75

"Males were more than nine times more likely than women to commit murder." "Homicide is of interest not only because of its severity, but also because it is a fairly reliable barometer for all violent crime. At the national level no other crime is measured as accurately". "Homicide Trends in the United States." An analysis of data the Federal Bureau of Investigation gathers through its Uniform Crime Reporting series (Fox and Zawitz 1999).

Dogs help schools lick bullies. Sweet-natured dogs lolling about classrooms are helping take a bite out of bullying — and other bad behaviors. No More Bullies teaches, with dogs' help, responsibility, compassion, self-control and integrity. Since its small launch five years ago, teachers and counselors have become so convinced of the positive impact on kids' behavior that it's booked into the 80-classroom max it can handle, and there's a long waiting list of requests for next year. "The animals are the glue that helps the children stay focused and understand the message," says Hearn. "Children can easily identify with an animal. And it's easy for them to transition when we ask them to consider how an animal feels (if ill treated) to how the kid sitting near them feels (if poorly treated)." (Peters, 2011)

Even infants can tell the difference between naughty and nice playmates, and know which to choose. Babies as young as 6 to 10 months old showed crucial social judging skills before they could talk,

according to a study by researchers at Yale University's Infant Cognition Center published in Thursday's journal Nature. "It's incredibly impressive that babies can do this," said study lead author Kiley Hamlin. "It shows that we have these essential social skills occurring without much explicit teaching" (Borenstein 2007).

Research – Slide 76

Screaming sports coaches and cutthroat tycoons have it wrong: Nice guys do finish first, a new study suggests. The Harvard University study involved college students playing the same game over and over. Common theory has held that punishment makes two equals cooperate. But when people compete in repeated games, punishment fails to deliver, said study author Martin Nowak. "On the individual level, we find that those who use punishments are the losers," "Those who escalate the conflict very often wound up doomed" said Novak (Borenstein 2008).

If you have a purpose in life -- lofty or not -- you'll live longer, a new study shows. It doesn't seem to matter much what the purpose is, or whether the purpose involves a goal that's ambitious or modest. "It can be anything -- from wanting to accomplish a goal in life, to achieving something in a volunteer organization, to as little as reading a series of books," said study author Dr. Patricia Boyle, a neuropsychologist at the Rush Alzheimer's Disease Center (Doheny 2009).

The Bible counsels misers that it's better to give than to receive. Science agrees. People who made gifts to others or to charities reported they were happier than folks who didn't share, according to a report in the journal Science. Andrea Koslow, director of advertising at the American Red Cross, said: "The act of helping has its own profound effect." "People need a humanitarian outlet ... feeling that they make a difference ... that's very motivating," Koslow said (Schmid 2008).

The U.N. Declaration of Human Rights - Slide 86

"Whereas recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world." (UN 1948)

The Best Survive - 95

Code of Conduct (CoC) For all U.S. Military Fighting Forces. Approved by Executive Order by the President of the United States in 1955. (LOC 1955)

! – The Exclamation Point! - Slide 97

2011 was costliest year in world disasters. The USA had company as it suffered through devastating weather and climate disasters in 2011. The entire world endured its costliest year ever for losses from natural disasters at more than a third of a trillion dollars in damage, according to a report released Wednesday by global reinsurance firm Munich Re. (Rice, 2012)

Weather-related disasters have quadrupled over the last two decades, a leading British charity said in a report published on Sunday. From an average of 120 disasters a year in the early 1980s, there are now as many as 500, with Oxfam attributing the rise to unpredictable weather conditions cause by global warming. The number of people affected by disasters has risen by 68 percent, from an average of 174 million a year between 1985 to 1994 to 254 million a year between 1995 to 2004 (Reuters 2007).

Life constantly faces the prospect of extinction. Life requires energy, water, and carbon; an environmental disaster that removes water, dooms life. Other environment disasters threaten. The harsh

radiation of space is blocked only by Earth's atmosphere and magnetic field. Environmental instabilities cause ice ages. One day, billions of years from now, our Sun will burn out. Other, heavier stars end their lives in explosions called supernovae; the blast and radiation from a nearby supernova could destroy all life on Earth (NASA 2010).

NASA cannot keep up with killer asteroids. NASA is supposed to seek out almost all the asteroids that threaten Earth but lacks the money to do the job, a federal report says. The agency estimates that about 20,000 asteroids and comets in Earth's solar system bigger than 460 feet (140 meters) in diameter are potential threats to the planet (AP 2009).

Scientists Warn of Solar Storms to Come. The sun is getting ready to ramp up its activity, and when it does we could be in for some real trouble, scientists say. A solar storm of the strongest variety could cause 20 times more economic damage than Hurricane Katrina, said a 2008 National Academy of Sciences report on space weather (Heussner 2009).

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Our Mission: To help bring about a substantial reduction in human violence primarily through educational means.



