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Proposing Violent Reduction Methods

For prison officials in juvenile facilities, a multi-pronged strategy to reducing violence is very important. A more comprehensive approach that emphasizes de-escalation and positive behavioral reinforcement is more effective than just focusing on punishment. Trauma-informed care (Slaato et al., 2021) would be one important way to do this. This method understands that many young people who break the law have been through a lot of trauma, and their actions are often a result of what they have been through. Staff training should focus on recognizing this connection and how to talk to people in a way that calms down uncomfortable circumstances instead of employing force. Using restorative justice programs is another crucial way to do this (CBS, 2025). These programs gather victims and offenders together to talk about the damage done by a crime and how to fix it. This not only makes the young person responsible, but it also helps them comprehend and feel sorry for others, which is important for stopping violence in the future. Finally, making structured and interesting places with regular routines and good rewards can cut down on free time and chances for conflict by a lot. This means giving young people access to educational programs, job training, and fun activities that offer them a feeling of purpose and a way to move forward.

The Mutually Exclusive Nature of the Methods

Methods for reducing violence and methods for rehabilitation are not mutually exclusive; in fact, they are closely related, and a successful rehabilitation approach is typically the best way to reduce violence. People who think "tough on crime" typically see these ideas as opposites and don't connect them. But an environment that is really focused on rehabilitation automatically lowers violence. Young people are less likely to act violently when they are respected and treated with dignity and given chances to grow as people. For instance, a restorative justice program that helps an offender realize how their acts affect others and helps them change their behavior also makes it less likely that they will conduct violence again. In the same way, giving a young person mental health counseling and chances to learn directly helps them get better, and this process naturally lowers the things that make them feel frustrated and hopeless, which often leads to violence. So, if you want to really reduce violence in the long term, you also need to

focus on helping the people involved become better. The two goals are closely related, and rehabilitation is the only long-term answer to violence.

References

CBS. (2025). *Juvenile Injustice in CA Youth Prisons*. Youtube.com.

<https://www.youtube.com/watch?v=j6nafOfZC4E>

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