
Impact on the Community

INTERGENERATIONAL TRAUMA

- Stress caused by violence Latina/Latino/Latinx communities and other groups of color have faced throughout their social history
- This stress is passed down from one generation to another through relationships and through the impact of stress on behavior and emotional well-being

Community supports

- Community organizations across the country address violence, crisis, trauma, and other disasters
- Organizations like the American Red Cross (Cruz Roja) can help by providing individual and community interventions
- They can also help by providing educational resources, tips for creating a plan, advocacy, referrals, etc.

DO YOU KNOW?

What are ways to keep your children safe from violence?

•

Do you know the best ways to respond to police officers?

•

What do you do if ICE comes? •
Do you know your rights?

•

To learn visit the NLPA website
<https://www.nlpa.ws/>

Or contact us:
2598 E. Sunrise Boulevard
Suite 2104
Fort Lauderdale, FL 33304
info@nlpa.ws
800-440-4066 phone

Developed by
NLPA Community Violence Committee:
Claudette "Claudia" Antuña, Chair;

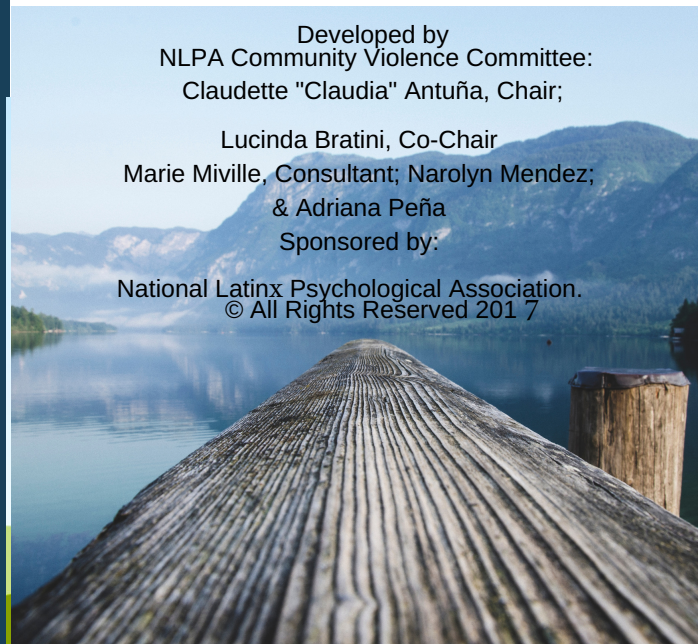
Lucinda Bratini, Co-Chair
Marie Miville, Consultant; Narolyn Mendez;
& Adriana Peña
Sponsored by:

National Latinx Psychological Association.
© All Rights Reserved 2017



National Latina/o
Psychological Association
Asociación Nacional de Psicología Latina

WHAT IS COMMUNITY VIOLENCE?



WHAT IS COMMUNITY VIOLENCE?

When community members face acts of aggression or violence that is:

- committed by another
- in a public place
- unexpected or without warning
- shocking, causes fear

What can violence do?

It can cause harm in a number of ways:

- physical harm to the body
- emotional pain or stress reactions
- mental suffering
- can harm relationships with family members, friends, community members
- may lead to feeling unsafe in your own home, community or neighborhood

Impact on Mental Health

Impact on behavior

Those who experience violence may become:

- short-tempered, easily angered, aggressive
- even physically, mentally or emotionally abusive to others, especially to family members

Impact on emotions

Those who have witnessed or experienced violence may also show signs of:

- depression, sadness, fatigue
- nervousness, stress, anxiety, fear
- trouble controlling emotions, crying
- feeling numb, loss of interest
- nightmares, trouble sleeping
- feeling jumpy, on-edge or on-guard
- loss of memory or vivid memories, flashbacks
- feeling upset or angry by things that remind of violence event

Types of Violence

- Police brutality
- Violence by government agencies like ICE (Immigration Customs Enforcement)
- Gang violence
- Civil unrest & war
- Drug-related violence
- Bullying
- Mass shootings
- Domestic violence
- Sexual assault
- Other violent crimes (burglary, rape, theft etc.)



- wanting to be alone, isolation
- drinking alcohol or using drugs
- thoughts of harming yourself or harming others
- physical/bodily pain, stomach problems, health, other health problems

VIOLENCE IN THE LIVES OF LATINX/LATINAS/LATINOS DATES BACK TO THE TIMES OF

- Colonialism, genocide, forced removal and enslavement of indigenous nations
- Slavery and Trans-Atlantic slave trade of millions of Africans
- Continued racism, discrimination towards Indo- and Afro-descent Latinas/as/x in employment, education, housing, and other opportunities