

Why Our Sons Turn Violent: What Parents Can Do to Prevent and Respond to Violence



Lost Boys: Why our Sons Turn Violent and How We Can Save Them by James Garbarino

★★★★☆ 4.4 out of 5

Language : English
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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 288 pages



Violence is a major problem in our society, and it's one that we can't afford to ignore. In the United States, more than 10,000 people are murdered each year, and the vast majority of those murders are committed by men.

Why are our sons turning violent? There are many factors that contribute to violence, including poverty, lack of education, and exposure to violence. But one of the most important factors is the way that we raise our sons.

In this book, Dr. Kevin Leman explores the complex issue of violence in boys and young men. He draws on his decades of experience as a clinical psychologist and parenting expert to provide insights into why our sons turn violent and what we can do to save them.

Leman argues that the key to preventing violence is to start early. He says that we need to teach our sons about the dangers of violence and help them develop healthy ways to express their anger and aggression.

Leman also provides advice for parents who are dealing with a son who is already violent. He says that it's important to stay calm and avoid overreacting. He also recommends seeking professional help.

Why Our Sons Turn Violent is a must-read for parents of boys and young men. It's a valuable resource that can help us understand the complex issue of violence and take steps to prevent it.

What Parents Can Do to Prevent Violence

There are many things that parents can do to help prevent violence in their sons. Some of the most important things include:

- **Teach your sons about the dangers of violence.** Talk to them about the consequences of violence, both for the victim and the perpetrator.
- **Help your sons develop healthy ways to express their anger and aggression.** Encourage them to talk about their feelings, and teach them how to resolve conflicts peacefully.
- **Set limits and consequences for violent behavior.** Let your sons know that violence is not tolerated, and that there will be consequences for any violent行為。
- **Be a role model for your sons.** Show them how to solve problems peacefully, and avoid using violence yourself.

- **Seek professional help if your son is already violent.** A therapist can help your son understand the roots of his violence and develop healthy coping mechanisms.

What Parents Can Do to Respond to Violence

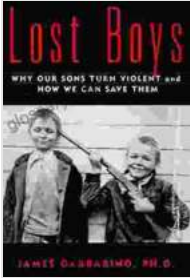
If your son has already committed an act of violence, it's important to respond in a way that is both supportive and firm. Here are some things you can do:

- **Stay calm and avoid overreacting.** It's important to stay calm and collected when your son has committed an act of violence.
- **Talk to your son about what happened.** Try to understand why he did what he did, and what he was feeling at the time.
- **Set limits and consequences for the violence.** Let your son know that his behavior was wrong, and that there will be consequences for his actions.
- **Seek professional help.** A therapist can help your son understand the roots of his violence and develop healthy coping mechanisms.

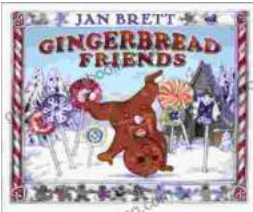
It's important to remember that violence is a complex issue. There is no easy solution, and there is no guarantee that your son will never commit an act of violence.

However, by taking the steps outlined in this book, you can help your son develop the skills he needs to make healthy choices and avoid violence.

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