



# EMPATHY



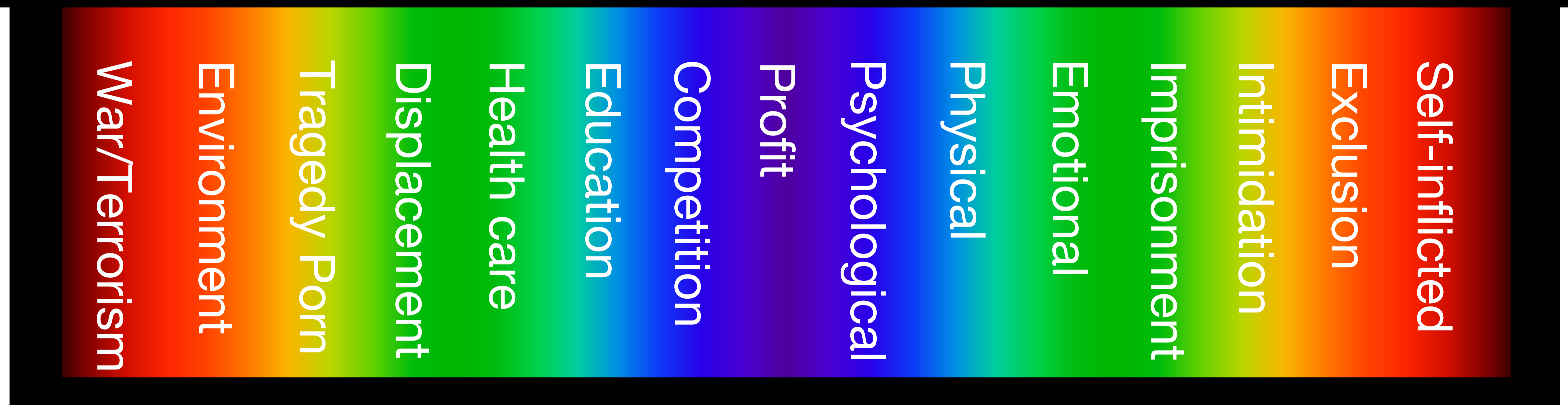
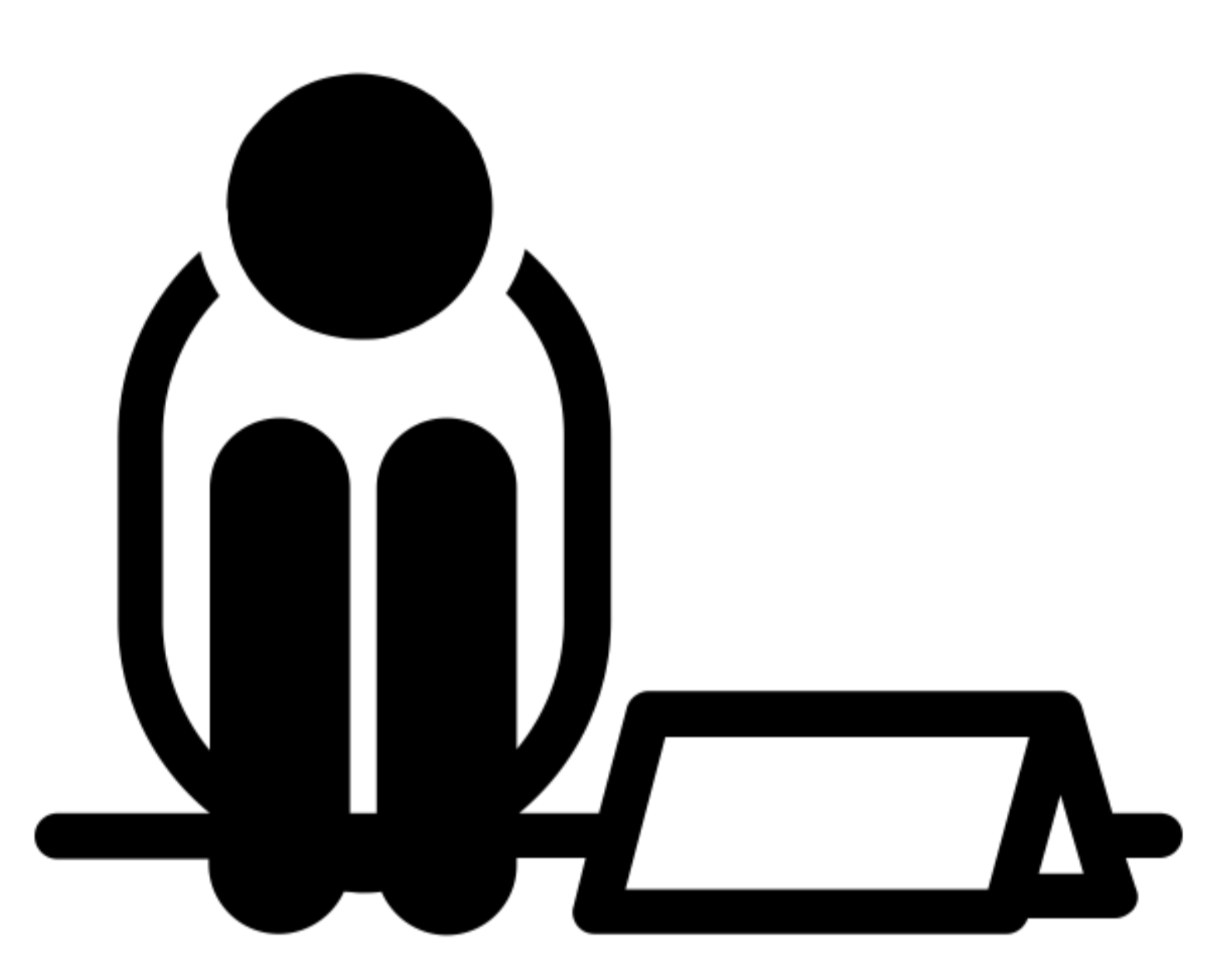
This report highlights what we've learned through our work to understand violence, within the context of the #ThinkDontSqueeze design challenge to end violence.

## End Violence in America

### WHAT

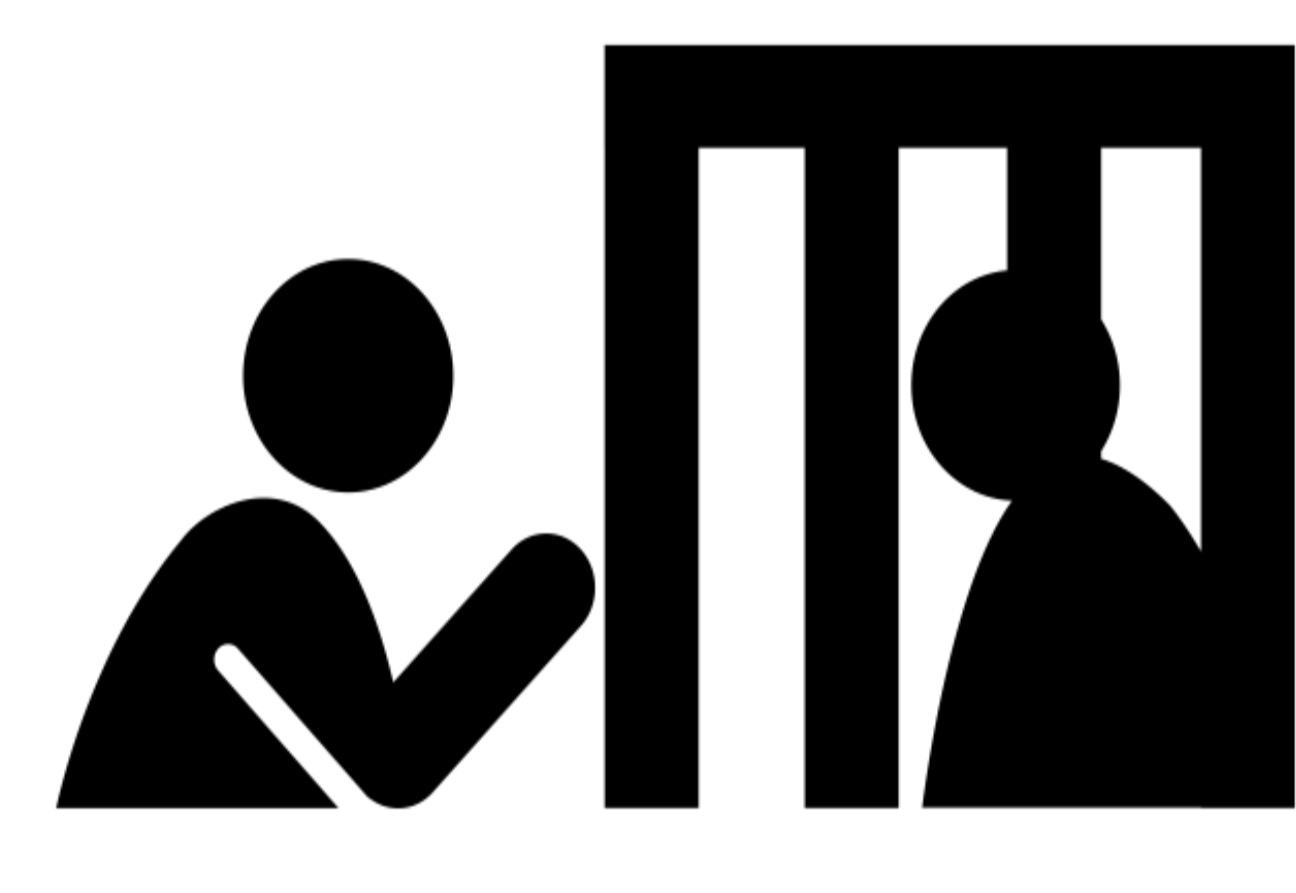
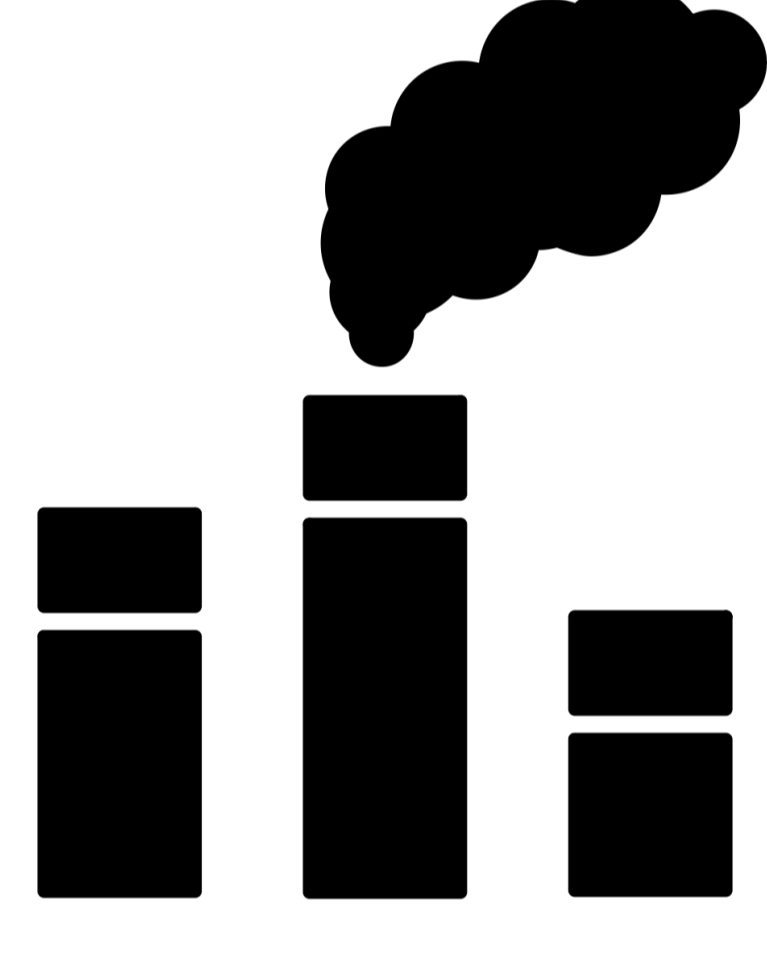
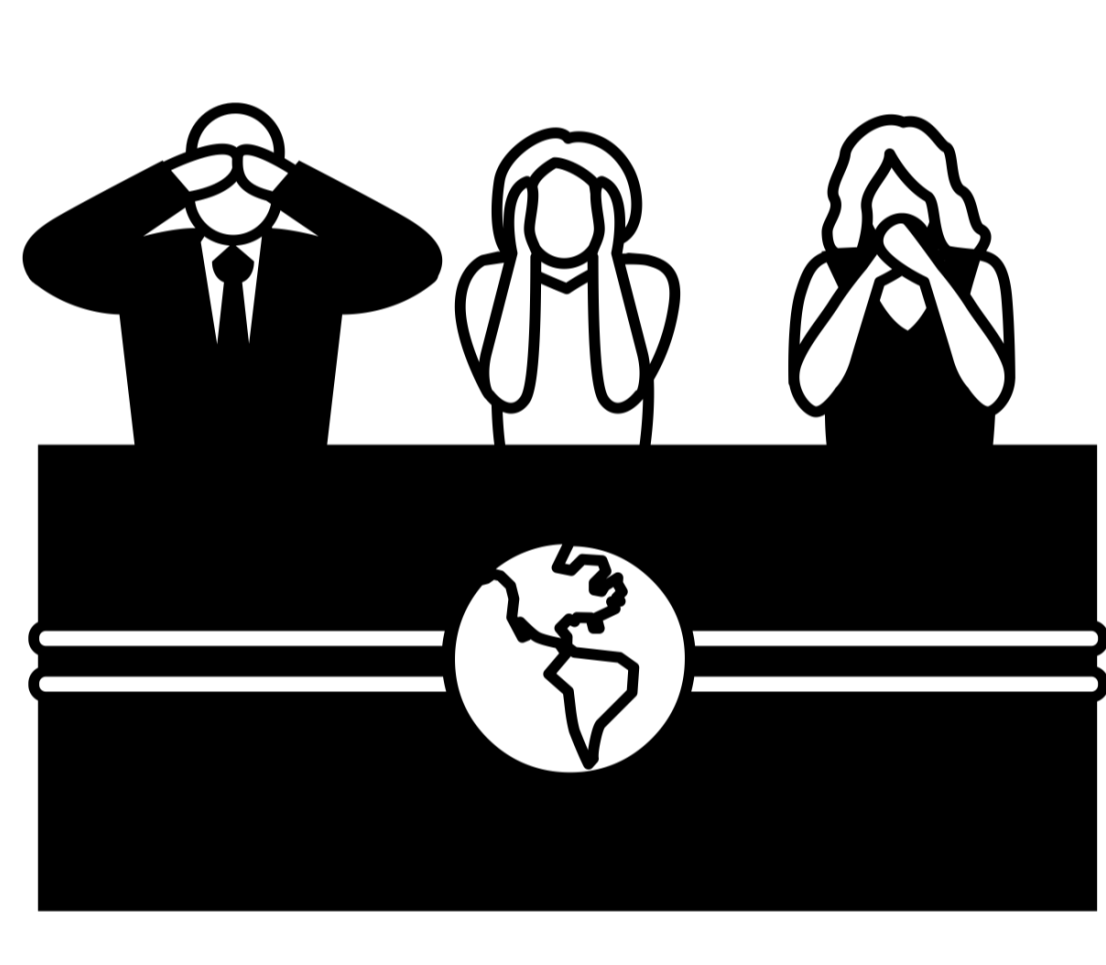
### IS VIOLENCE?

a spectrum of complex action & responses



#### Mass

Tragedy Porn, Fake News, Environmental Destruction, Mass Shootings, Military Bombing & Drone Strikes,



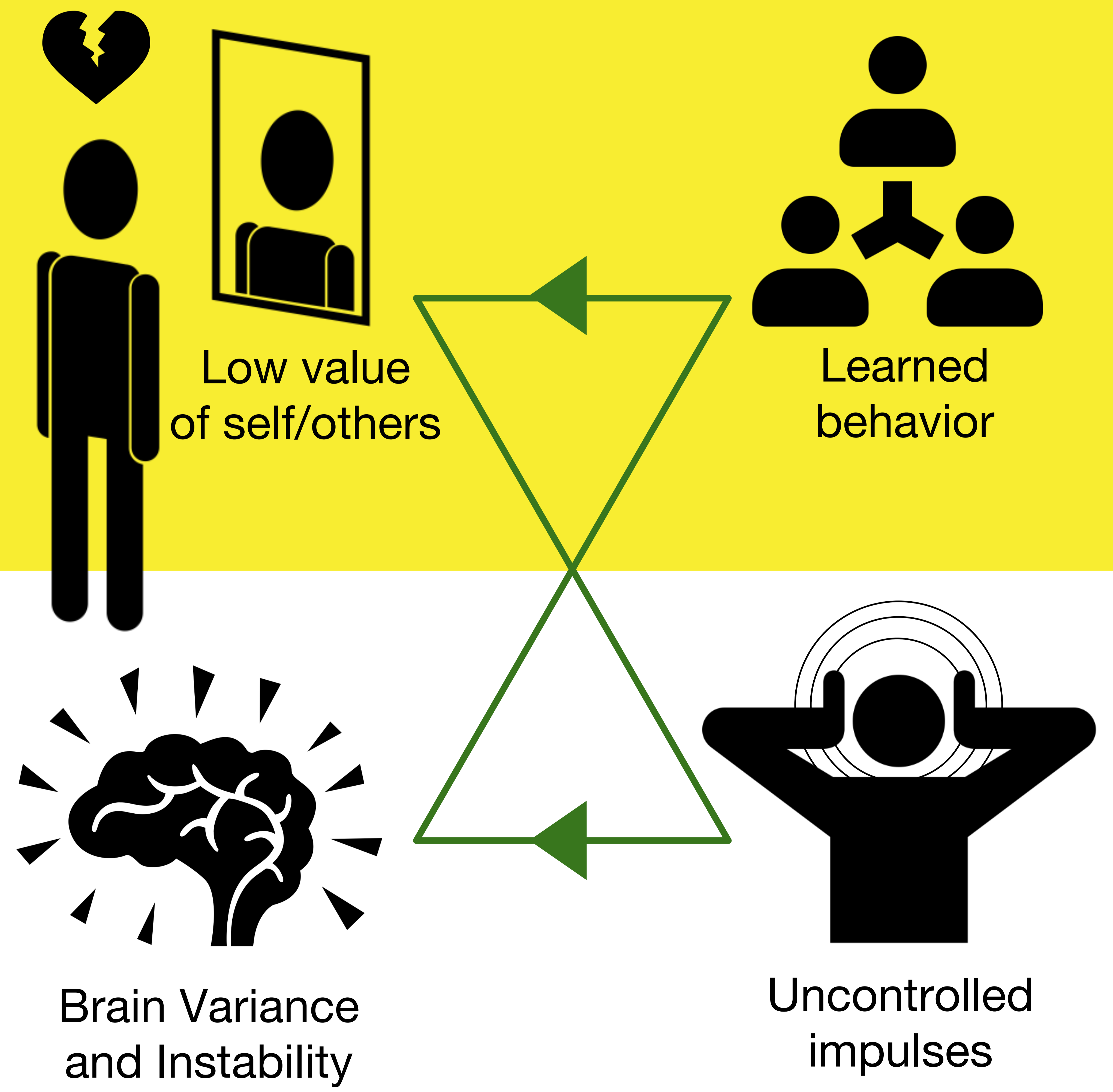
#### Isolation

Childhood Imprisonment, Coercive Control, Bullying, Suicide, Elder Abuse, Cutting, Family Separation

### WHO DOES IT IMPACT?



### WHAT IS THE CAUSE?



Violence is caused by an uninterrupted cycle of neglect which may start from and progress to an individual experiencing any of the following: 1. Learned behavior, 2. Brain Variance and Mental Instability, 3. Low value of self and others, 4. Uncontrolled impulses. Disrupting the causes of violence requires us to #ThinkDontSqueeze. Download our toolkit to learn how #ThinkDontSqueeze can help you use collaboration, design & data to end violence at [www.thinkdontsqueeze.com/toolkit](http://www.thinkdontsqueeze.com/toolkit).