

# KILLING ME SOFTLY

## LATERAL VIOLENCE

Displaced violence directed against one's peers, rather than one's true adversaries.

### LATERAL VIOLENCE

occurs when an oppressed group of people engage in destructive behaviours as a way to find ...

**POWER FOR THEMSELVES IN A POWERLESS SITUATION.**



### LATERAL VIOLENCE

is the expression of

**RAGE & ANGER, FEAR & TERROR,** that can only be safely vented upon those closest to us when we are being oppressed.

### LATERAL VIOLENCE

is a form of **BULLYING** that includes gossip, shaming and blaming others, backstabbing and attempts to socially isolate individuals.

### LATERAL VIOLENCE

Is when the **OPPRESSED BECOME THE OPPRESSOR**

and use destructive power over others.

### LATERAL VIOLENCE

**HARMFUL & ORGANISED BEHAVIOURS**

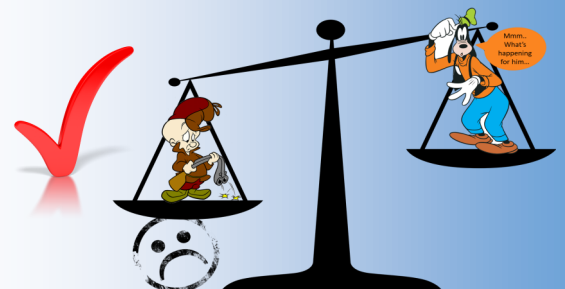
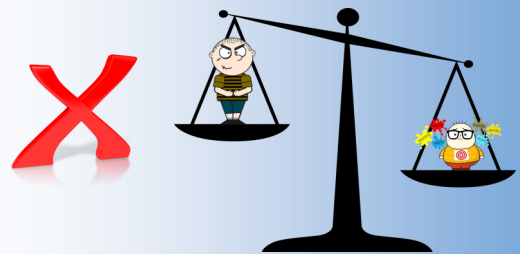
directed towards each other or collectively as part of an oppressed group, within their families, organisations and their communities.



### The **ABORIGINAL CONNECTION** to LATERAL VIOLENCE

Over 200 years of oppression has led to our Peoples becoming our own **OPPRESSORS.**

**BULLY'S** have also been in a powerless position and share the same sense of powerlessness as the person they are bullying.



Whilst the **BULLY** is perceived to be the person with power, their feeling of powerless can be found somewhere else in their lives, hence their bullying behaviours.

The **BULLY** will often experience some of these issues;

- low self-esteem and self-worth
- cannot accept others
- confused and unhappy with themselves
- 'stuck' in the cycle of oppression
- lack of knowledge and awareness
- unresolved anger, pain, & shame.



## TRAITS OF THE BULLY ...



They **NEVER** choose someone they think will **RETALIATE**



They **ONLY** choose someone they feel **SAFE** with

## LATERAL VIOLENCE

behaviours are used to ...

**MANIPULATE  
DOMINATE  
CONTROL  
DIMINISH**



## What are LATERAL VIOLENCE behaviours?

- Non-verbal innuendo
- Bullying
- Malicious gossip
- Derogatory labels
- Verbal affront
- Shaming
- Undermining activities
- Withholding information
- Infighting
- Scapegoating
- Backstabbing
- Failure to respect privacy
- Broken confidences
- Organisational conflict
- Social exclusion
- Cyber-bullying



## BEST Practice

1. Increase positivity
2. Identify LV behaviours
3. Address issues directly



## RICHARD FRANKLIN SAYS ...

It comes from being told you are worthless and treated as being worthless for a long period of time. Naturally you don't want to be at the bottom of the pecking order, so you turn on your own.



For further Information on  
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