

WHAT IS INJURY AND VIOLENCE PREVENTION?

KEEPING PEOPLE SAFE BEFORE INJURIES AND VIOLENCE HAPPEN



WHAT IS INJURIES & VIOLENCE?

Injuries and violence can happen anywhere, at home, at school, at work, on the road, or in the community, and affect people of all ages and backgrounds.

There are two main types of injuries:

- **Unintentional injuries** happen without anyone meaning to cause harm, such as falls, car crashes, burns, drownings, or accidental poisonings.
- **Intentional injuries** happen when someone deliberately harms themselves or another person, such as through suicide, assault, child abuse, intimate partner violence, or homicide.

Some injuries, including firearm injuries, poisonings, suffocation, and fires, can be either intentional or unintentional, depending on what happened.

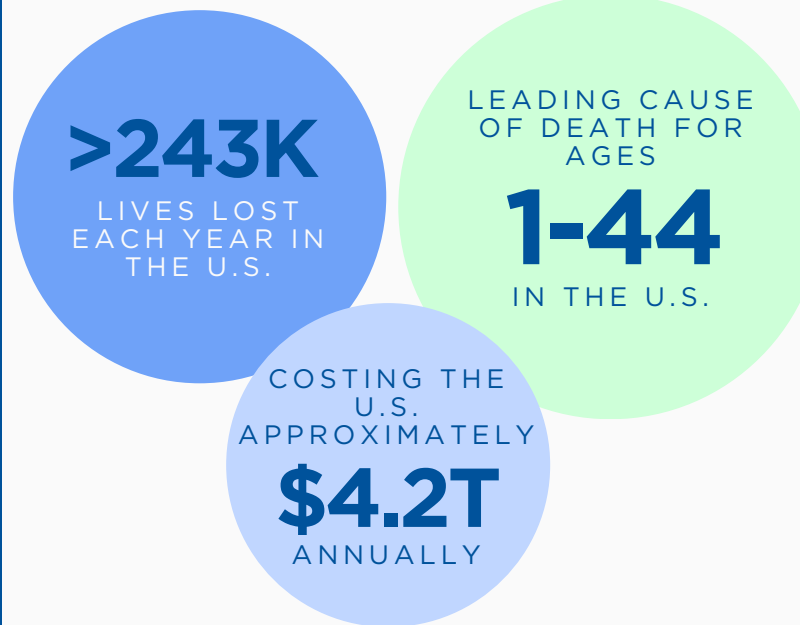
WHAT IS IVP?

Injury and Violence Prevention (IVP) focuses on preventing injuries and violence before they happen while reducing their impact when they do occur.

Many people use the word "accident" to describe injuries, but most injuries are predictable and preventable. By understanding what increases risk and what helps keep people safe, communities can take action to prevent injuries and save lives.

WHY DOES IT MATTER?

Injuries and violence affect individuals, families, and communities every day.



HOW CAN INJURIES AND VIOLENCE BE PREVENTED?

Preventing injuries and violence takes everyone working together. Communities can help keep people safe by:

- Using proven safety practices and programs
- Creating safer homes, schools, workplaces, and neighborhoods
- Supporting healthy relationships and mental well-being
- Improving community spaces and environments
- Promoting policies and programs that reduce risk and strengthen protective factors

Together, we can prevent injuries and violence and build healthier, safer communities.