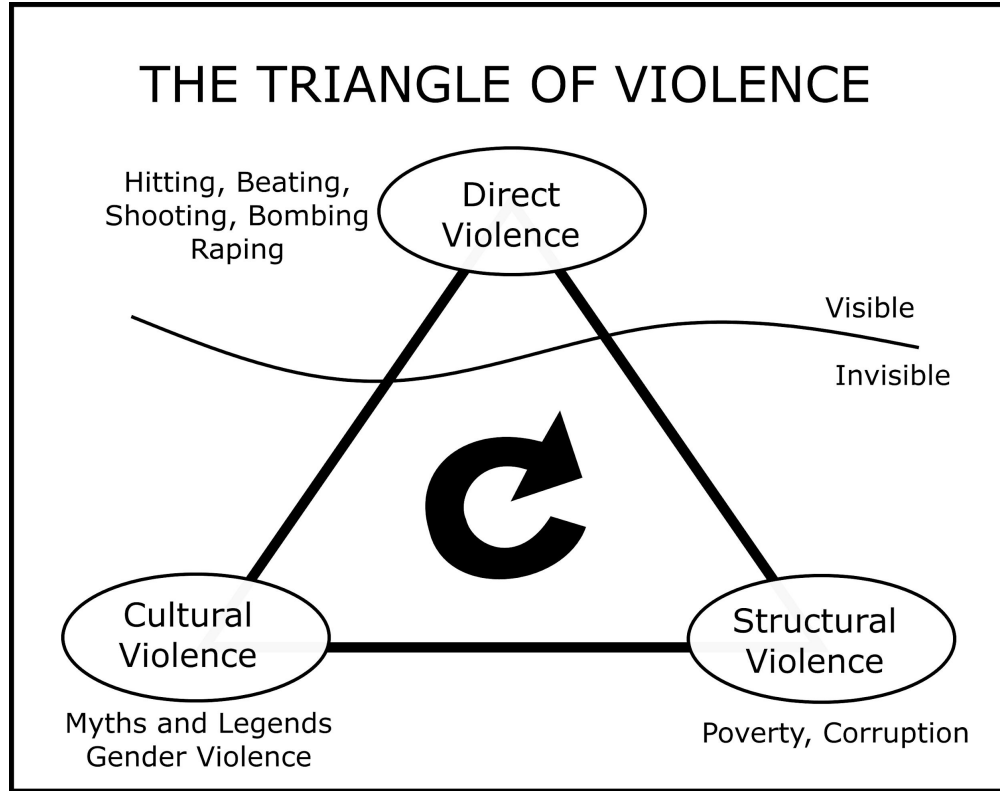


# Forms of violence *Galtung's Triangle*



## Definitions:

*Direct Violence* refers to physical acts of violence such as a man beating his wife, bullying in schools, or soldiers going to war. Direct violence also includes such categories as verbal abuse, rape and battery.

*Cultural Violence* includes those aspects of culture (beliefs, values, and ways of being) that give legitimacy and make violence seem like an acceptable means of responding to conflict. It is also a way a community of individuals view themselves in relation to themselves, to others, and to the world. It often supports a sense of superiority, and dehumanization, of other cultures.

*Structural Violence* is the violence built into the very social, political and economic systems that govern societies, states, and the world. It is the different allocation of goods, resources, opportunities, between the various groups, classes, genders, nationalities, etc. Its relationship to direct violence is similar to that of the bottom nine-tenths of an iceberg, hidden from view.