



WHILE HEADLINES FOCUS ON VIOLENT INCIDENTS, many communities continue to experience declining crime rates. Photo by Stamford Advocate.

Is Violence Escalating in the U.S.?

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The perception we have of the rise of violence in America is partly due to everyone having the accessibility to record. With videos of I.C.E. involving civilians popping up on our feed or T.V. screen, it aids in the perception we have violence in the U.S. However, statistics show that the majority of other crime rates have decreased.

The majority of news coverage has been saturated with stories of immigration raids done by I.C.E. They have become increasingly violent. Most people have a negative response to these raids.

“It makes me sad and disappointed that I can’t help. It upsets me seeing all these people get hurt,” Victoria Jourdain (‘26) said. But that is the farthest extent to how crime has increased in recent years.

The American Psychological Association reports that over 70% of U.S. adults say the future of the nation is a significant source of stress. This study shows that the repeated view of violence news increases fear nationwide, even when crime rates are declining. ‘Despite the fact there’s a deception, that doesn’t mean it still doesn’t affect us as a community.

Social media can often shape our perception of the world, and with a surge in true-crime documentaries and shows, it further fuels the misconception that society is more unsafe than it actually is.

We’ve been trained by true-crime documentaries, crime shows, and videos we see on our feed, to be frightened of the dangers of the world.

Fear is amplified by the repetition of seeing videos responding to these conflicts. For example, Sandy Hook was a major school shooting that occurred and, since then, schools have implemented drills to keep students safe.

“Through the media, I see that there are violent acts happening all around us... School shootings are a major example of how I’ve been affected by violence I’m not involved in. Practicing drills to protect us when we’re supposed to be safe,” Brianne Lent (‘26) said.

Reflecting a reality many students face in their day-to-day life. Videos from the news can trigger fears, which further fuel the misperception of the world being more unsafe, when in reality new safety standards are making the U.S. safer every day.

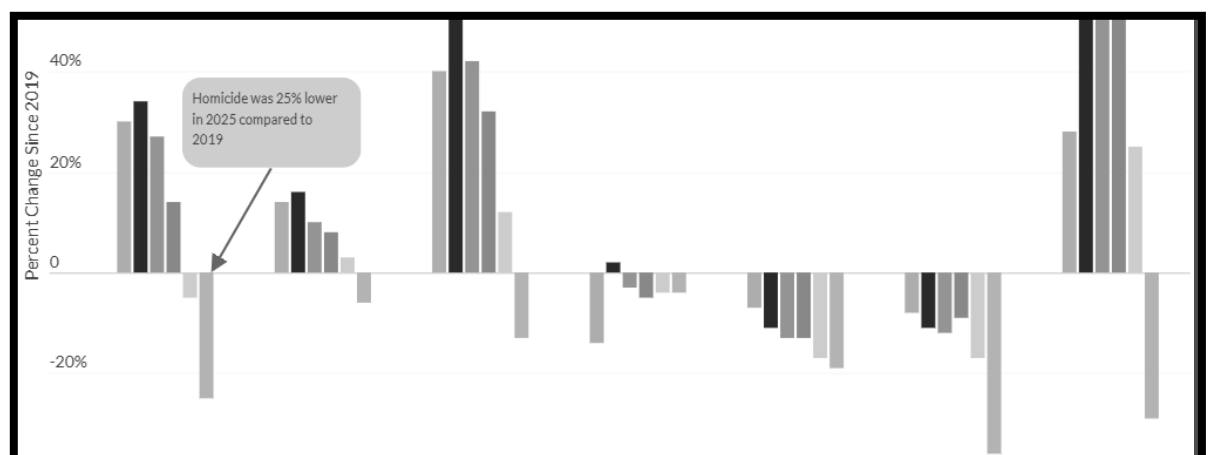
According to USAFacts, violent crimes have gone down significantly in the past 2 years. Homicides went down 36.8%, robberies went down 7.5%, and the overall crime rate went down 12.5%. These statistics contradict the strong feelings we have regarding crime rates, but they are the reality.

However, today, schools do provide different resources to help students cope with their anxieties. Some examples include counseling services to reduce fear-based thinking. This also encourages discussion to increase the feeling of safety and connection in the community.

Regardless of media coverage and the anxiety that comes with it, the violent I.C.E. raids, True-Crime Documentaries, and T.V. show violent crimes have been steadily declining for the past 2 years.



EXPOSURE to television can influence public perception of crime. Photo by Freepik.



STATISTICS regarding crime rates percent change since 2019. Photo by Council on Criminal Justice.