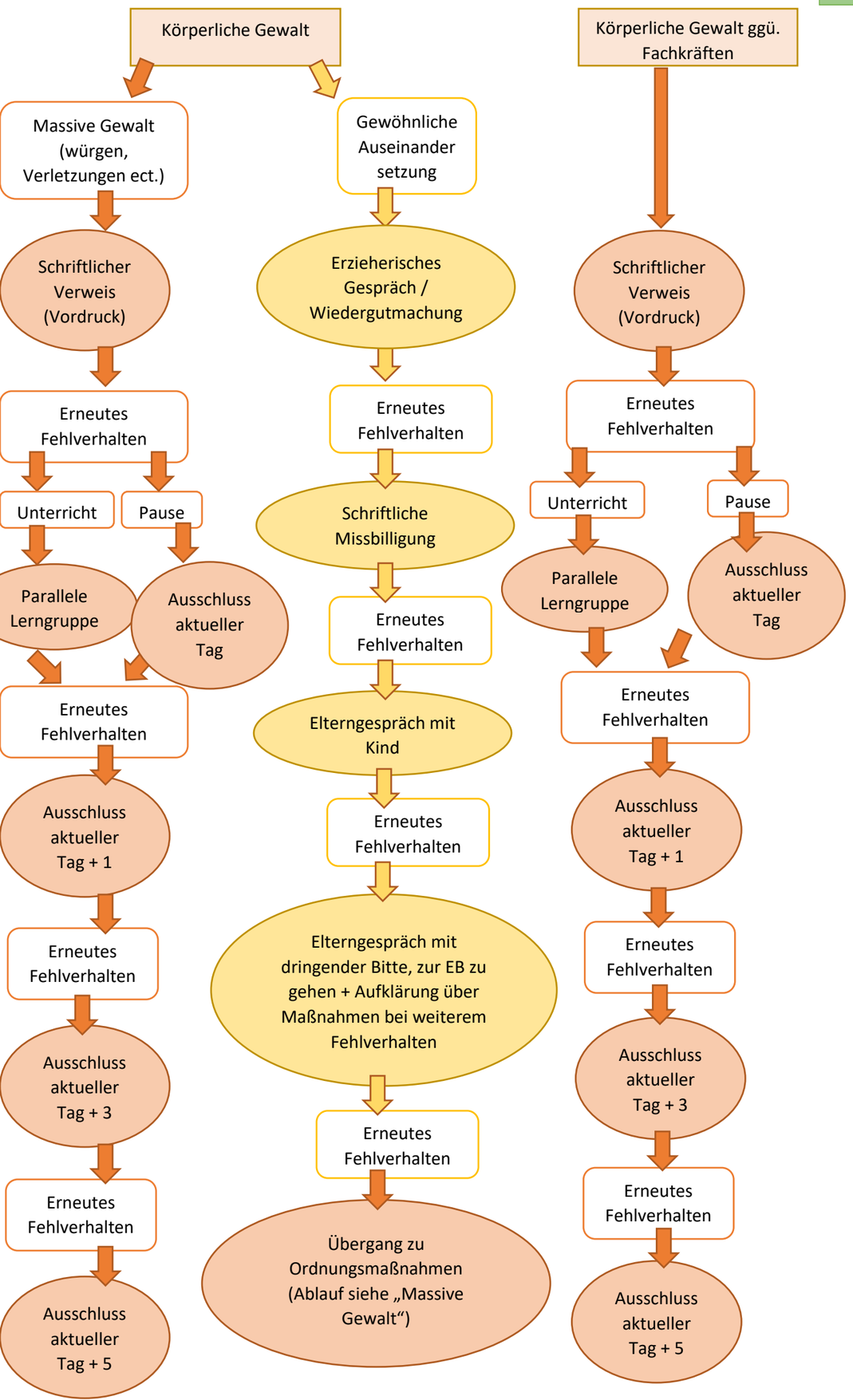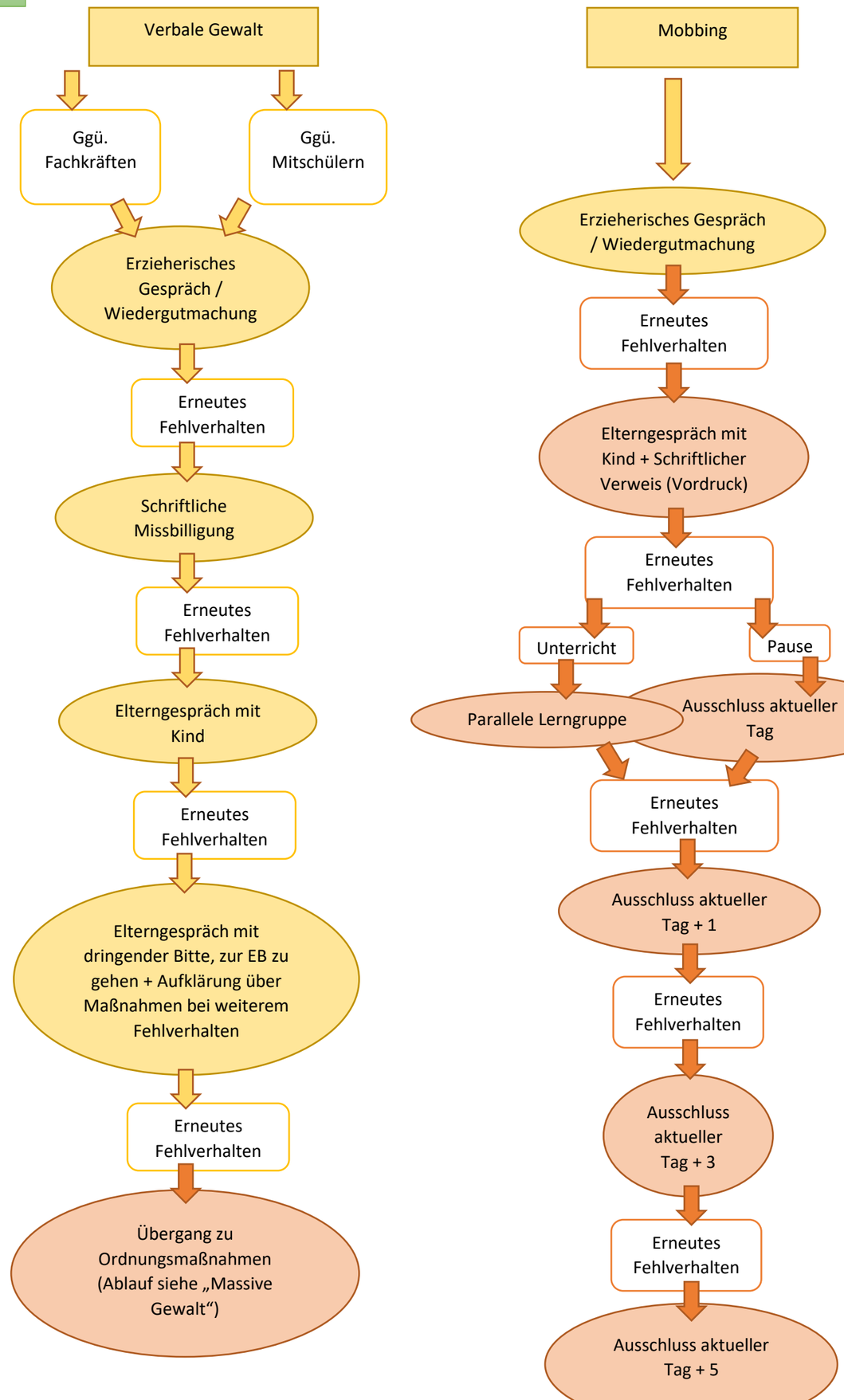Umgang mit Gewalt