



## / RECOGNIZE

You may see students:

- Threatening or bullying others
- Playing with weapons of any kind
- Obsessively playing violent video games, watching violent movies, or visiting websites that promote or glorify violence
- Insomnia
- Weakened Immune system/frequently sick

You may hear:

- Overgeneralisations and an emphasis on 'shoulds' and 'musts'
- A hard time compromising
- A hard time expressing emotions other than anger

## /// RESPOND

- Be clear their anger won't scare you away!
- Help pinpoint what they're really angry about—which will help him communicate the anger better, take constructive action, and work towards a resolution.
- Take Five! Encourage the teen to walk away from a situation that is getting too heated and use coping skills (like deep breathing, muscle relaxation, exercise or distraction—like Sudoku!) to create new habits while breaking old ones.
- Encourage teens to take responsibility for their own emotions and get to the cause of the hurt.
  - Youth who struggle with anger often feel like victims in the situation. Listen to the language:
    - "He made me angry"
    - "That car tried to kill me!"
  - The first step is taking responsibility for your own emotions. "I let myself get angry when..."

## // REMEMBER

- James 1:19-20: "Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."
- Ask the teen if they'd like to access God's strength to help them deal with their anger. Help them know God understands.

## //// RESOURCES

[www.helpguide.org/mental/anger\\_management\\_control\\_tips\\_techniques.htm](http://www.helpguide.org/mental/anger_management_control_tips_techniques.htm)

[www.therapistaid.com/therapy-worksheets/anger/adolescents](http://www.therapistaid.com/therapy-worksheets/anger/adolescents)

Children who witness violence in the home have more than double the odds of acting out in aggression than do children who never witness violence. (Canadian National Longitudinal Survey of Children and Youth)