





## Definitions

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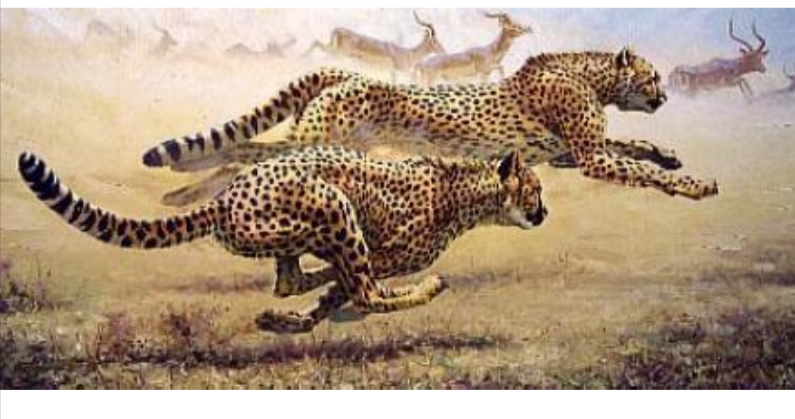
### aggression

*Noun*

A: Feelings of anger resulting in hostile or violent behaviour; readiness to attack or confront.

B: Overt social interaction with the intention of inflicting damage or other unpleasantness upon another individual.

## Purpose of Anger



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## Facts about Aggression



## Facts about Aggression



46% of Australian young males have been in physical fights

## Facts about Aggression



The cost of assault each year in Australia is \$1.4 billion dollars

## Facts about Aggression



There were 175 king hit attacks reported in the media between 2005-2011

## Facts about Aggression



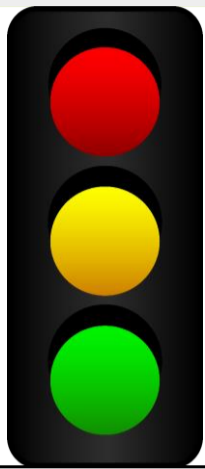
- 99% of attacks were committed by men
- 96% of victims were men and
- 49% of attackers were aged between 18 and 23

## Facts about Aggression



Worldwide = 250,000 homicides annually by young people aged 10-29  
Represents 41% of total number of homicides globally each year

### When in the moment



- OUTBURST
- CLOSED OFF
- RESPONSIVE

### Opportunity 1

Demonstrate how Anger turns to Aggression:  
The Build Up Effect

### Build Up Effect



### Build Up Effect



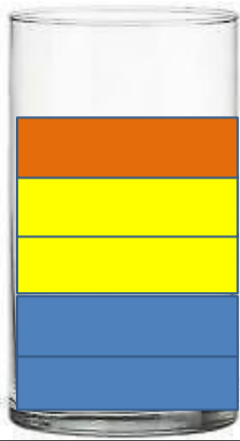
### Build Up Effect



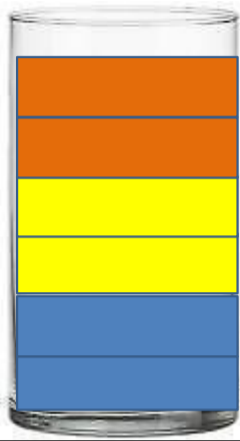
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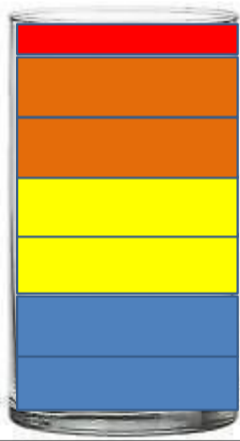
### Build Up Effect



### Build Up Effect



### Build Up Effect



### Explosive Anger



You will not be punished for your anger, but you will be punished by your anger.

- Buddha

### Opportunity 2

Normalise anger as an emotion



# Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.

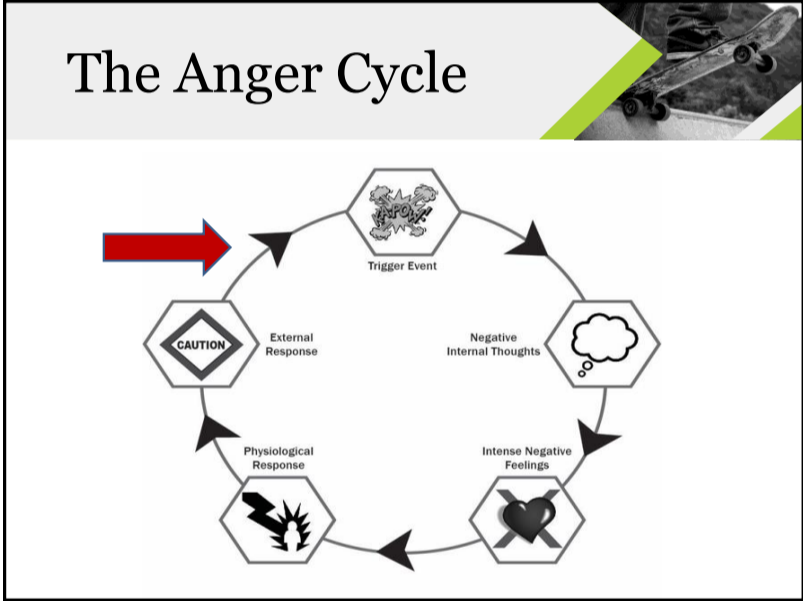
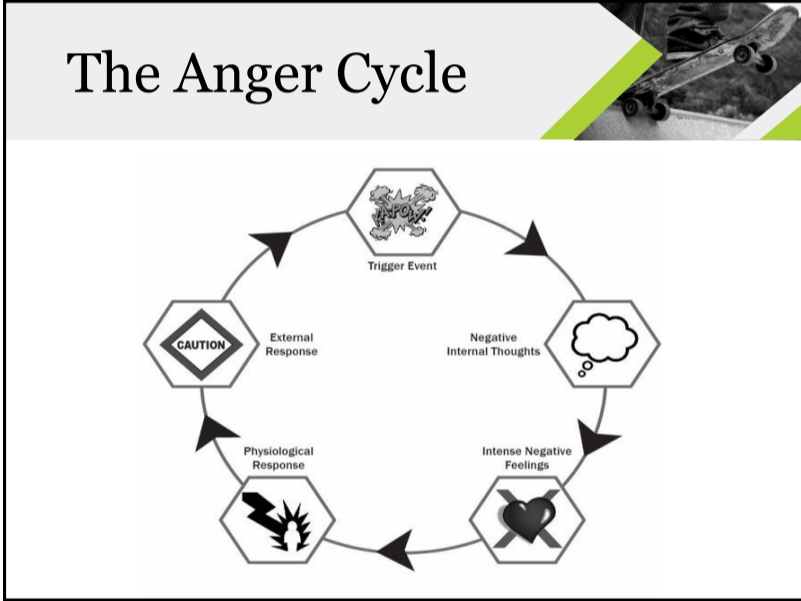
**Angry**

embarrassed, scared, grief, shame, tricked, overwhelmed, frustrated, depressed, disgusted, distrustful, grumpy, stressed, attacked, rejected, helpless, guilt, trapped, nervous, anxious, trauma, annoyed, exhausted, disrespected, unsure, envious, disappointed, lonely, offended, uncomfortable, worried, insecure, regret, hurt

The Gottman Institute

# Opportunity 3

## Help young people understand their triggers



# Scenario

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James turns around and starts yelling in the man's face, ignoring that Kate is quite upset. The men order James outside to fight. James, feeling outnumbered, calls his mates over to help. Both groups go outside on the hard surfaced car park and start to verbally attack each other. James yells that he wants to fight the main instigator 1 on 1.

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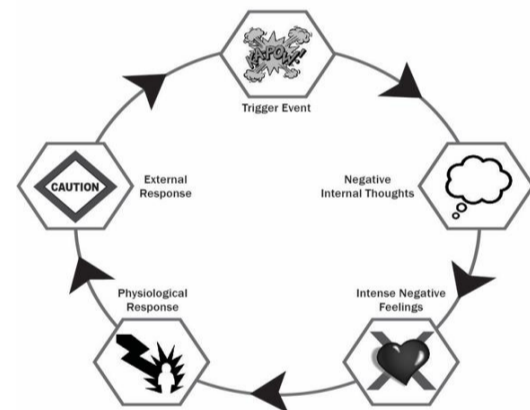
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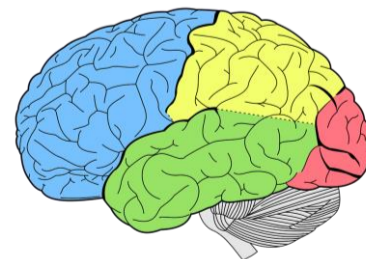
As he is yelling, he punches one man from behind. That man falls and hits his head really hard on the concrete, becoming unconscious. James has a fractured jaw and is soon arrested by police.

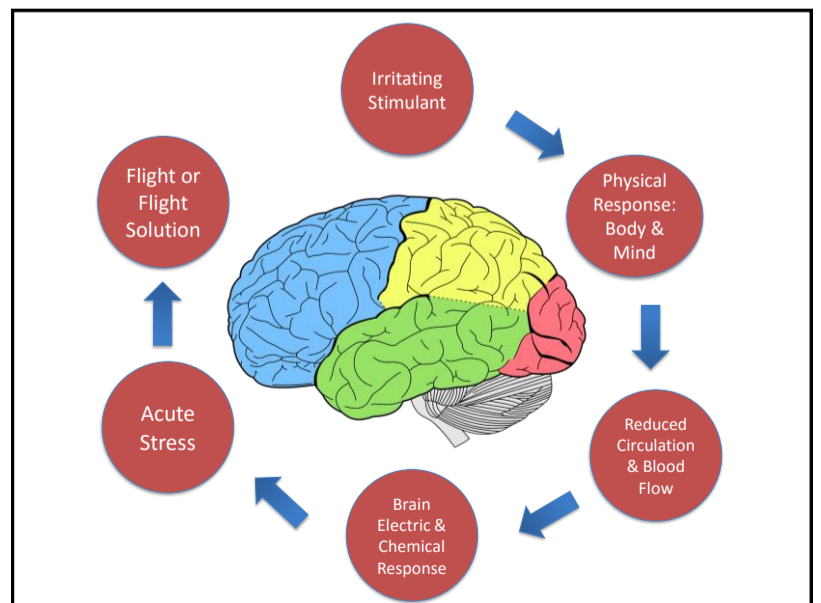
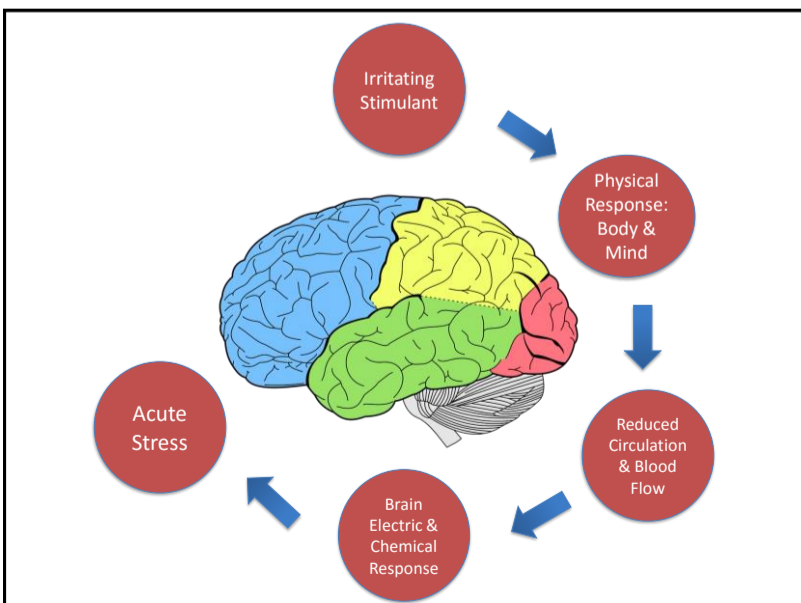
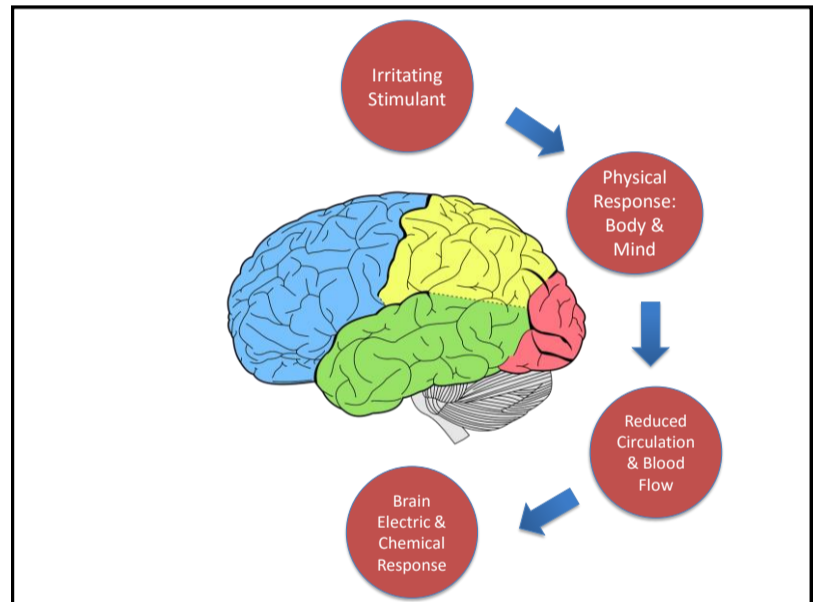
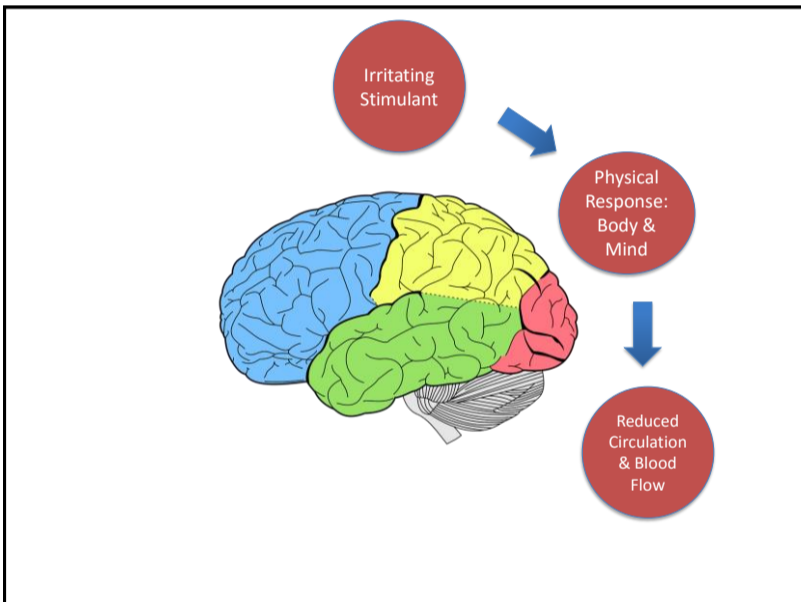
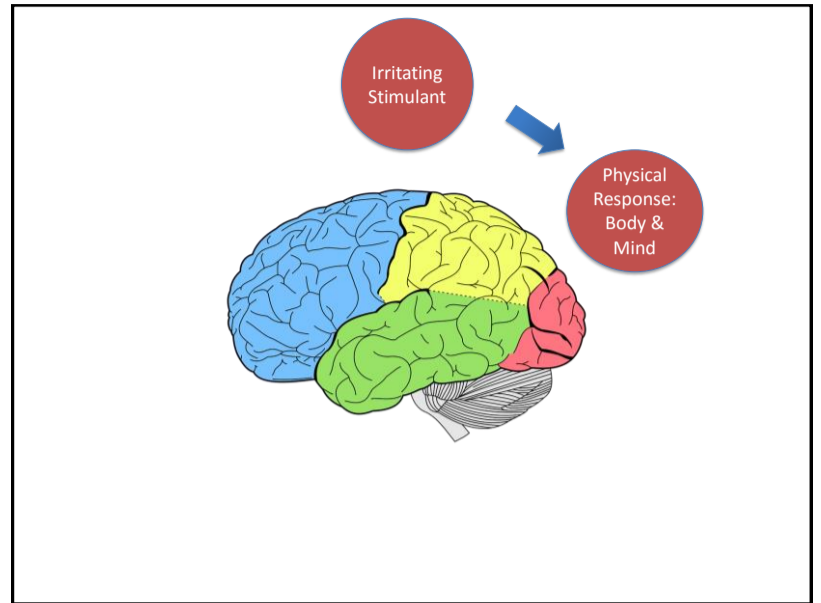
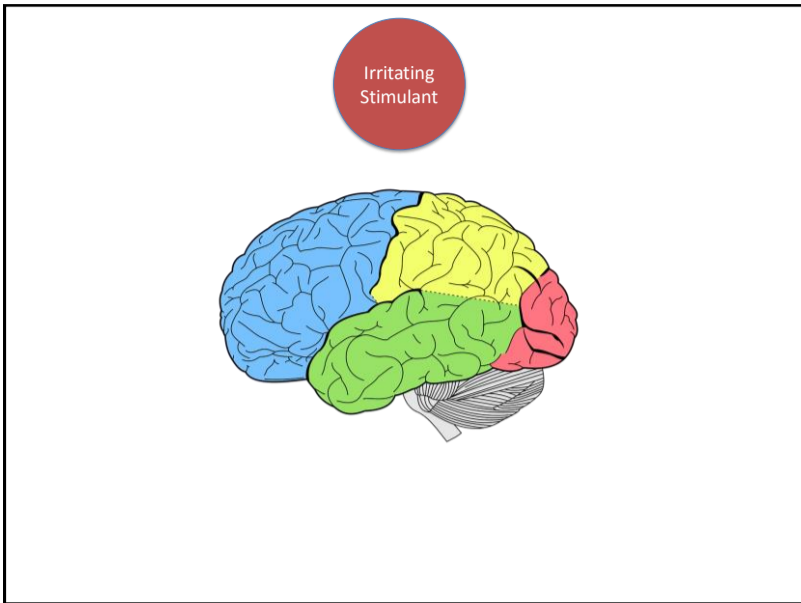
## The Anger Cycle



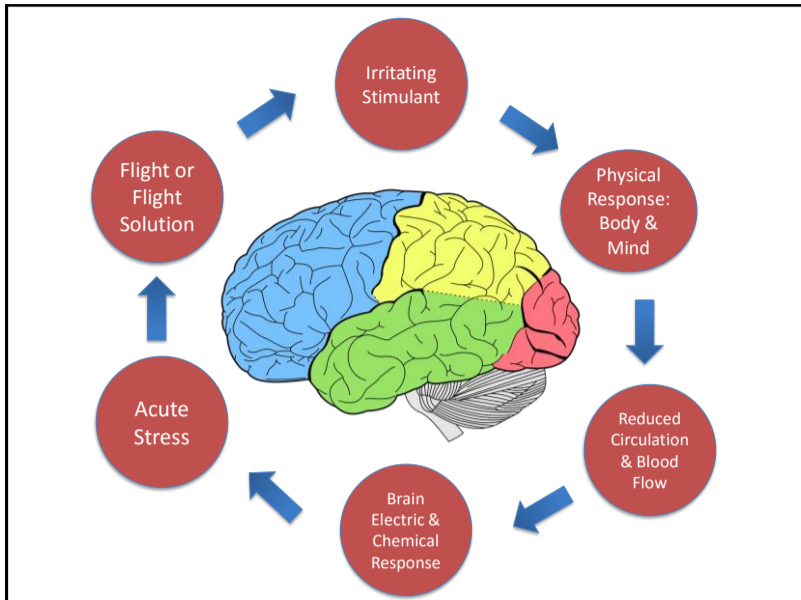
## Opportunity 4

Explain the  
physiology of anger









When you choose the behaviour, you choose the consequences.

## Opportunity 5

Teach them the 8 second rule

## #8SecondRule



## Opportunity 6

Role model positive anger management

## Sport



## Sport



## Movies



## Movies



## Entertainment



## Entertainment



## Research – Findings 1

When teens thought their parents' reactions to their anger was stronger and more negative than their parents had meant it to be, the teen became even more aggressive.

- University of California, published in Journal of Youth and Adolescence, 2015



## Research – Findings 2

The researchers also found that parents who mistake their adolescent's vulnerable emotions for negativity may place them at greater risk for developing delinquent behaviours.

- University of California, published in *Journal of Youth and Adolescence*, 2015

## Research – Findings 3

When teenagers believed that their parent's method of discipline was too harsh, they were more likely to act out by talking back, sneaking out of the house, and breaking the family rules.

- University of California, published in *Journal of Youth and Adolescence*, 2015

## Research Conclusion

“When parents invite their teens to share their perspectives, they help them strengthen their reasoning skills, and this is correlated with psychological health and happiness later in life.”

- University of California, published in *Journal of Youth and Adolescence*, 2015

## Opportunity 7

Show them how  
different  
communication styles  
work in real life

## Different Styles



Passive



Assertive



Aggressive

## Use relevant examples



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**Passive:** Pretend nothing happened. Like the post

**Aggressive:** "F\*&% you". Delete them off your Insta

**Passive Aggressive:** Post a better photo #icanplaythisgametoo

**Assertive:** Message them "It's hurtful to feel left out, is there a reason why I was cropped out?"

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Hook up with your friends ex, even right?

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**Passive:** Say nothing, maybe it was an accident?

**Aggressive:** Punch your friend. SMS nudes of your ex to others

**Passive Aggressive:** "Hope you didn't catch an STI from them"  
Hook up with your friends ex, even right?

**Assertive:** State to your friend 'You need to know that wasn't okay. Why did you go there with them?'

## Opportunity 8

Help them make a  
plan...  
for when it gets serious

## Wellbeing Plan

### Wellbeing Plan

| AGREED REACTIONS |  |  |  |
|------------------|--|--|--|
|                  |  |  |  |
|                  |  |  |  |
|                  |  |  |  |
|                  |  |  |  |

### Wellbeing Plan

| AGREED REACTIONS | AGREED TIME OUT ZONES |  |  |
|------------------|-----------------------|--|--|
|                  |                       |  |  |
|                  |                       |  |  |
|                  |                       |  |  |
|                  |                       |  |  |

### Wellbeing Plan

| AGREED REACTIONS | AGREED TIME OUT ZONES | AGREED LENGTH OF TIME OUT |  |
|------------------|-----------------------|---------------------------|--|
|                  |                       |                           |  |
|                  |                       |                           |  |
|                  |                       |                           |  |
|                  |                       |                           |  |

### Wellbeing Plan

| AGREED REACTIONS | AGREED TIME OUT ZONES | AGREED LENGTH OF TIME OUT | SUPPORT PERSONS & RESOURCES |
|------------------|-----------------------|---------------------------|-----------------------------|
|                  |                       |                           |                             |
|                  |                       |                           |                             |
|                  |                       |                           |                             |
|                  |                       |                           |                             |

### Reflection Sheet




| INCIDENT | REACTION | SCORE HOW YOU FEEL | FUTURE CHANGES |
|----------|----------|--------------------|----------------|
|          |          |                    |                |
|          |          |                    |                |
|          |          |                    |                |
|          |          |                    |                |

### Opportunity 9

Demonstrate how to use online and physical resources



## Support Apps

## Opportunity 10

Show them how to use their anger for good

## Using Anger for Good



## Using Anger for Good



## Using Anger for Good



## Using Anger for Good



Final Thought

Strive for Progress,  
not Perfection

