





Stay Standing If...

Young people today are more aggressive than previous generations

Stay Standing If...

Young people today are more resilient than previous generations

Definitions

anger
Noun
 A strong feeling of annoyance, displeasure or hostility.

Definitions

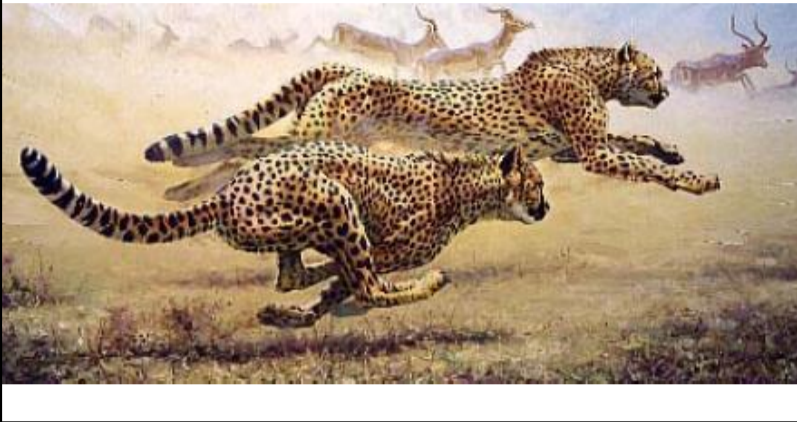
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Definitions

anger
Noun
 A strong **feeling** of annoyance, displeasure or hostility.

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



Purpose of Anger



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

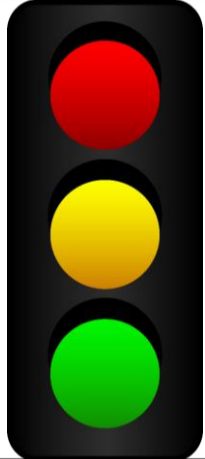
Facts about Aggression



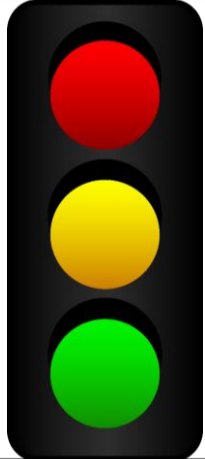
Worldwide = 250,000 homicides annually by young people aged 10-29

Represents 41% of total number of homicides globally each year

When in the moment

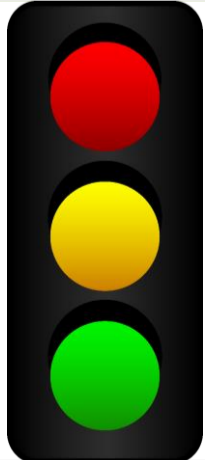


When in the moment



OUTBURST

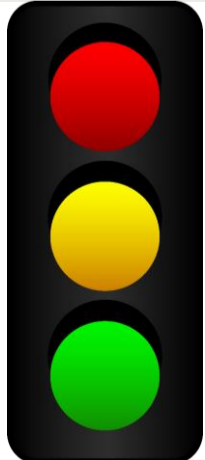
When in the moment



OUTBURST

CLOSED OFF

When in the moment

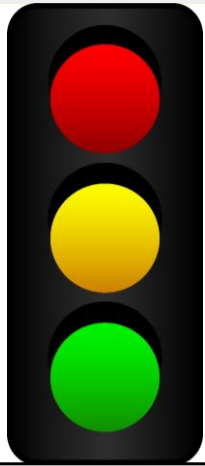


OUTBURST

CLOSED OFF

RESPONSIVE

When in the moment



- OUTBURST
- CLOSED OFF
- RESPONSIVE

Opportunity 1

Demonstrate how Anger turns to Aggression: The Build Up Effect

Build Up Effect



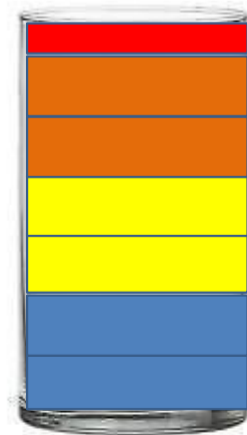
Build Up Effect



Build Up Effect



Build Up Effect



Explosive Anger



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

- Buddha

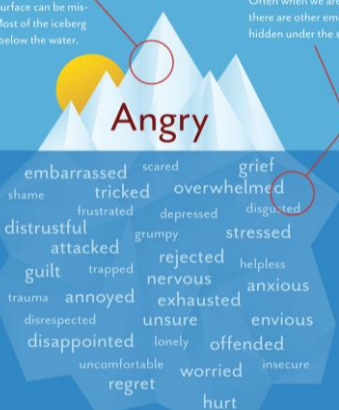
Opportunity 2

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.

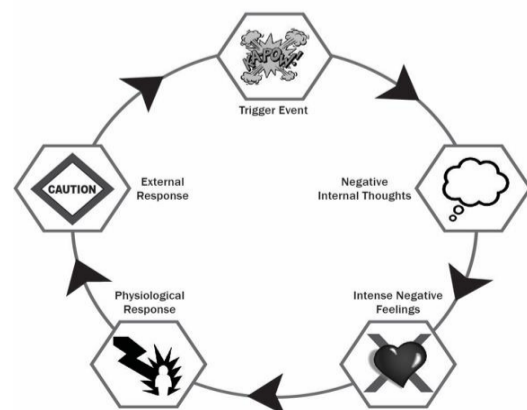
This is how anger works. Often when we are angry, there are other emotions hidden under the surface.



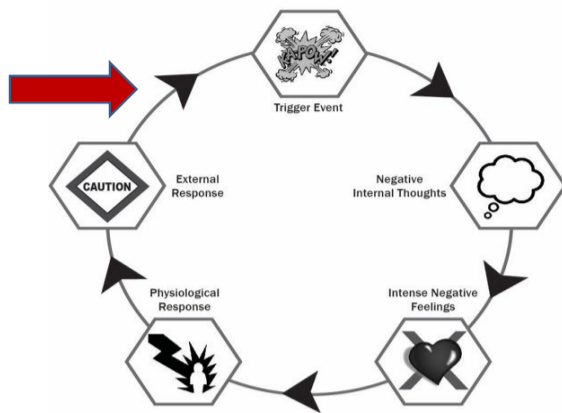
Opportunity 3

Help young people understand their triggers

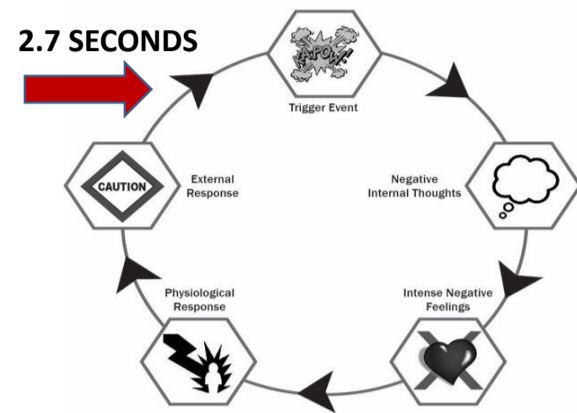
The Anger Cycle



The Anger Cycle



The Anger Cycle



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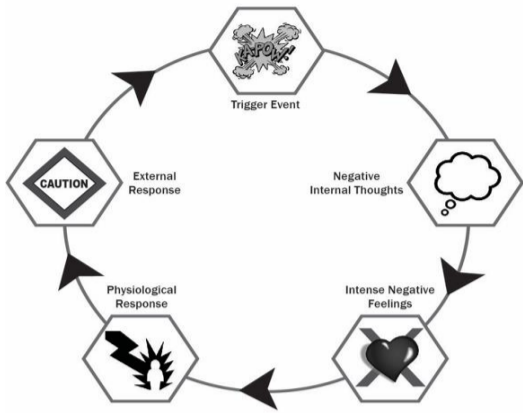
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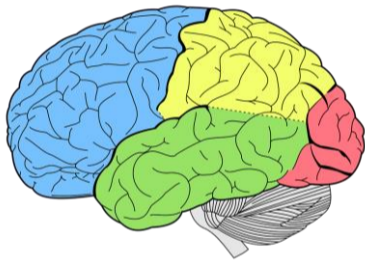
As he is yelling, he punches one man from behind. That man falls and hits his head really hard on the concrete, becoming unconscious. James has a fractured jaw and is soon arrested by police.

The Anger Cycle

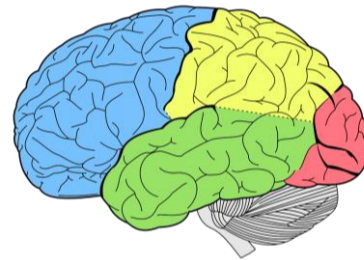


Opportunity 4

Explain the physiology of anger

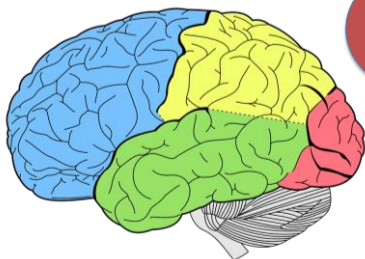


Irritating Stimulant



Irritating Stimulant

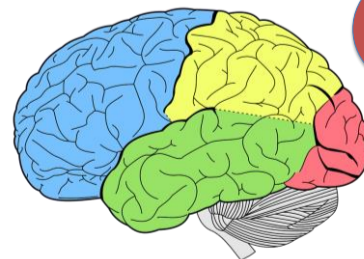
Physical Response: Body & Mind

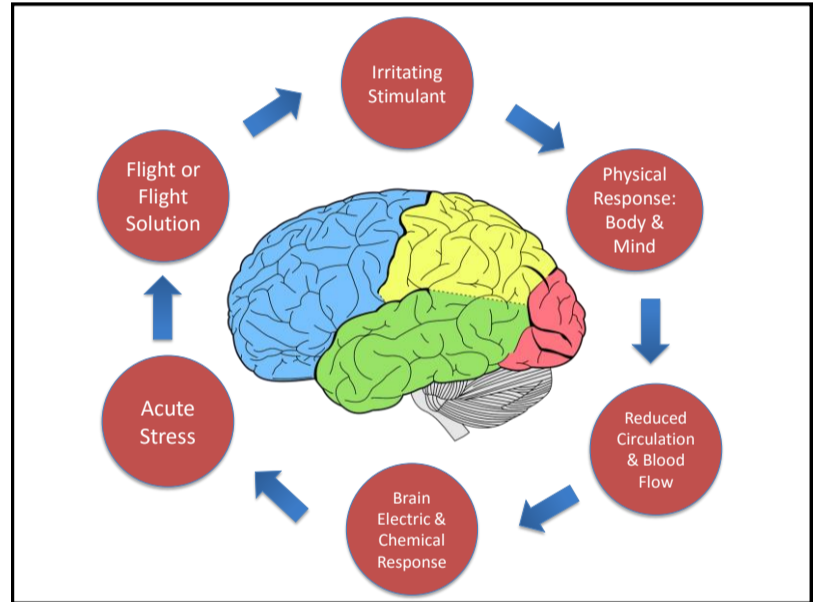
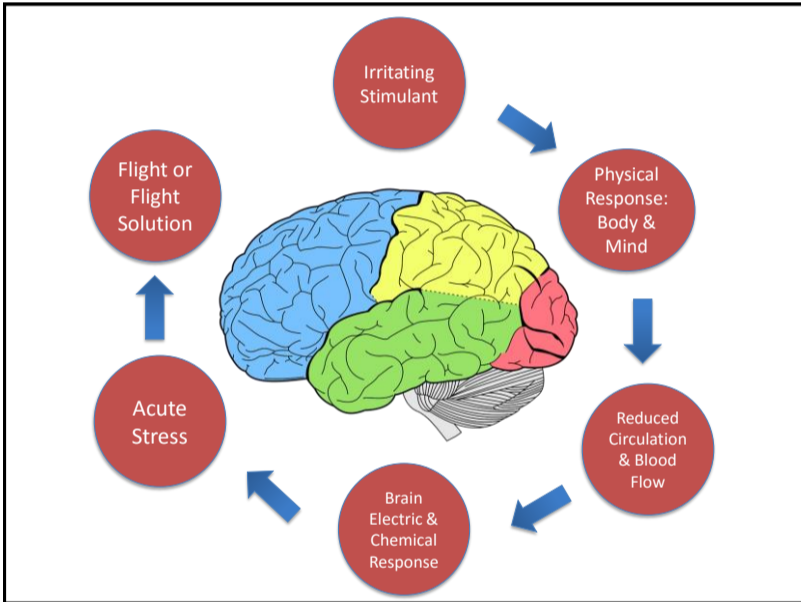
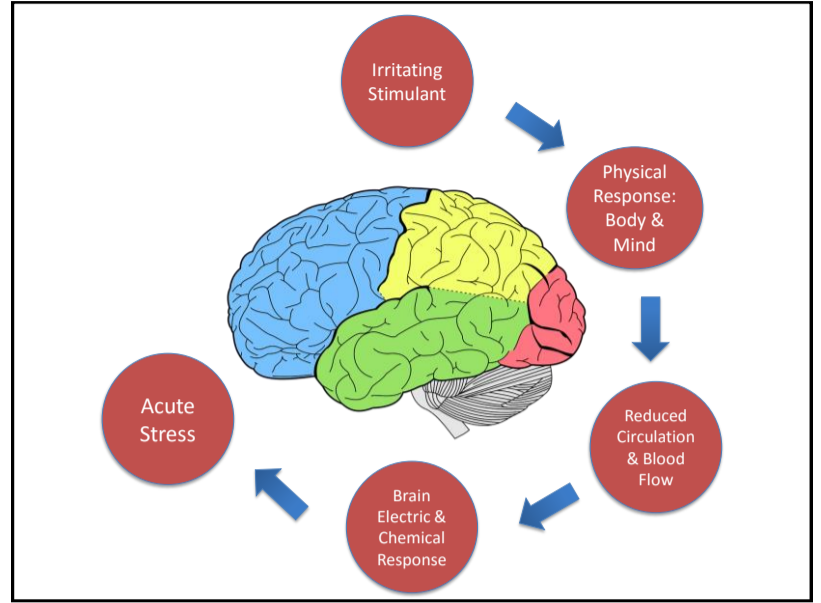
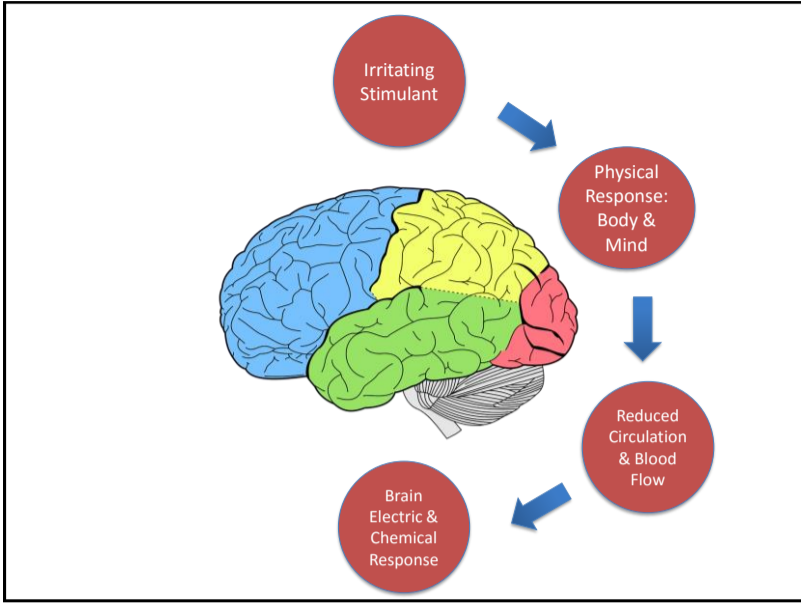


Irritating Stimulant

Physical Response: Body & Mind

Reduced Circulation & Blood Flow





Opportunity 5

Teach them the 8 second rule

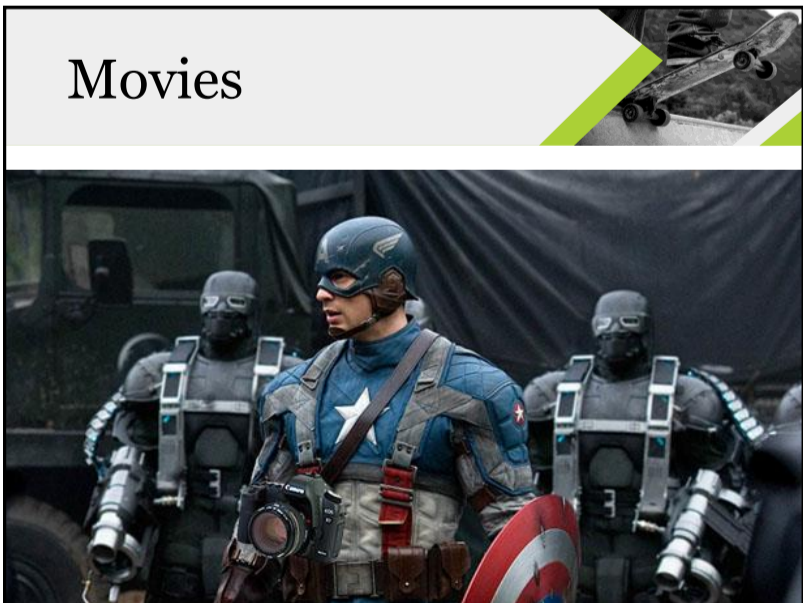
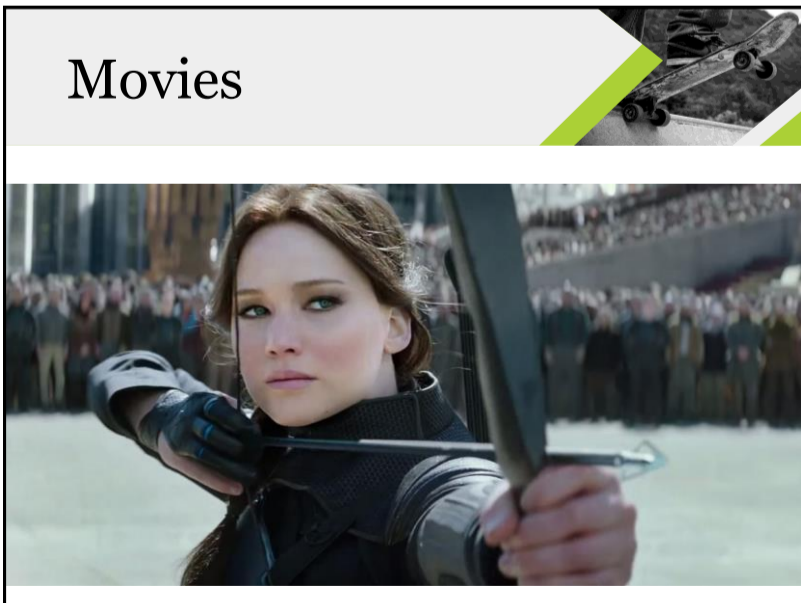
#8SecondRule



When you choose the behaviour, you choose the consequences.

Opportunity 6

Model positive anger management



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



Use relevant examples

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Passive: Pretend nothing happened. Like the post

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Passive Aggressive: Post a better photo #icanplaythisgametoo

Use relevant examples

A photo of your friends was posted on Instagram where you realised you were cropped out of it.

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?"

Use relevant examples

You find out your friend hooked up with your ex at a party on the weekend

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

Use relevant examples

You find out your friend hooked up with your ex at a party on the weekend

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?'

Rate This

Rate This

RATING	SITUATION

Rate This

RATING	SITUATION
	Swearing at a teacher who thought you were talking in class
	Punching a guy who you saw trying to make a move on your partner
	Screaming at your mum who woke you up early on a Monday morning
	Throwing your younger sisters iPad across the room after she used your laptop without asking
	Threatening to hurt a person in your grade who bullied you online last night
	Calling your ex a \$%#& after they broke up with you
	Insulting your principal for suspending you for 3 days
	Spreading fake rumours about your friend after they ditched you on the weekend
	Splashing water on a classmate who laughed when you got in trouble
	Throwing the first punch on the footy field when an opponent insulted you

Rate This

RATING	SITUATION
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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

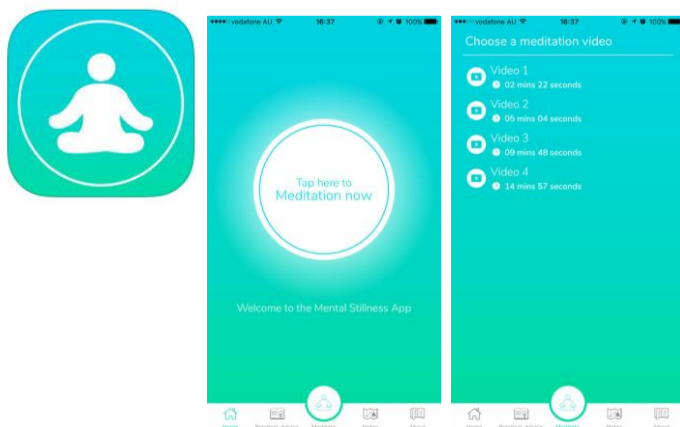
Support Apps



Mental Stillness



Mental Stillness



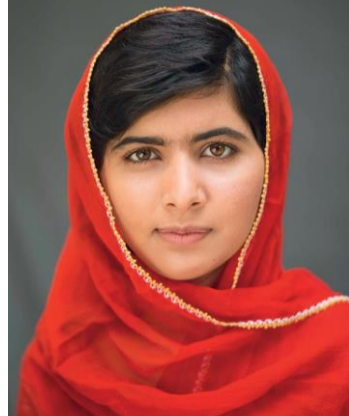
Opportunity 10

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

