





Purpose of Anger

 An illustration of a cheetah chase in a savanna. Two cheetahs are in the foreground, running towards the right. In the background, several gazelles are running away from them. The scene is set in a grassy field with some trees in the distance.

Purpose of Anger

 A photograph of a large African elephant in a savanna. The elephant is in the middle of kicking a hyena with its front leg. Another hyena is visible in the foreground, and another elephant is in the background. The scene is dusty and set in a natural habitat.

Stay Standing If...

Young people today are more aggressive than previous generations

Stay Standing If...

Young people today are more resilient than previous generations

Facts about Aggression

 A photograph of a young boy with a determined and somewhat angry expression. He is wearing a blue and white plaid shirt and is pointing his right index finger directly at the camera.

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

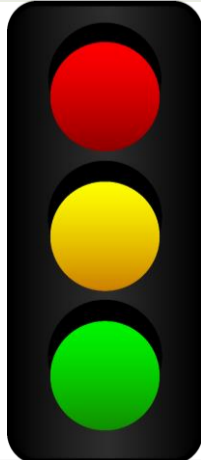
Facts about Aggression



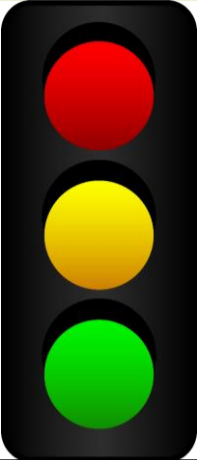
Worldwide = 250,000 homicides annually by young people aged 10-29

Represents 41% of total number of homicides globally each year

When in the moment

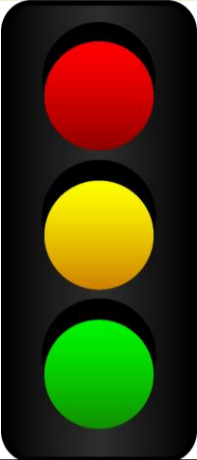


When in the moment



OUTBURST

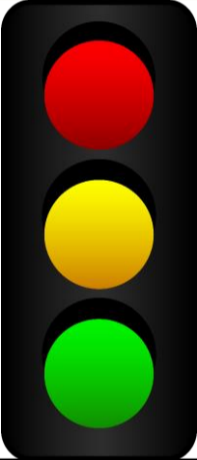
When in the moment



OUTBURST

CLOSED OFF

When in the moment

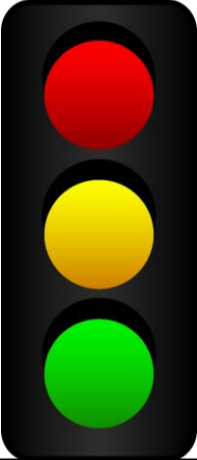


OUTBURST

CLOSED OFF

RESPONSIVE

When in the moment



OUTBURST

CLOSED OFF

RESPONSIVE

Opportunity 1

Demonstrate how Anger turns to Aggression:
The Build Up Effect

Definitions

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

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.

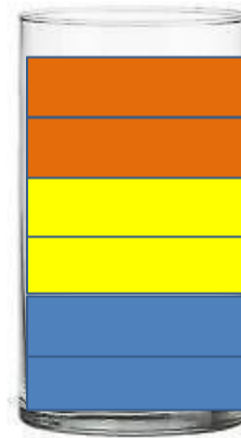
Build Up Effect



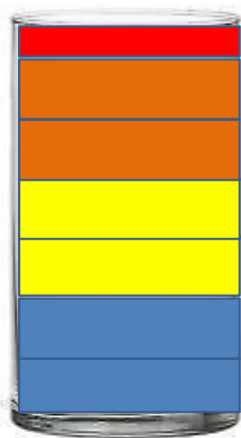
Build Up Effect



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.

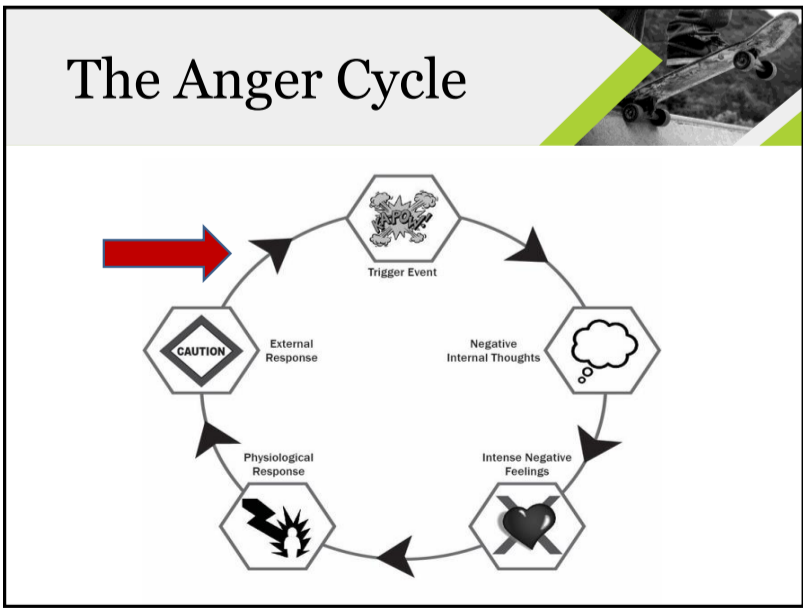
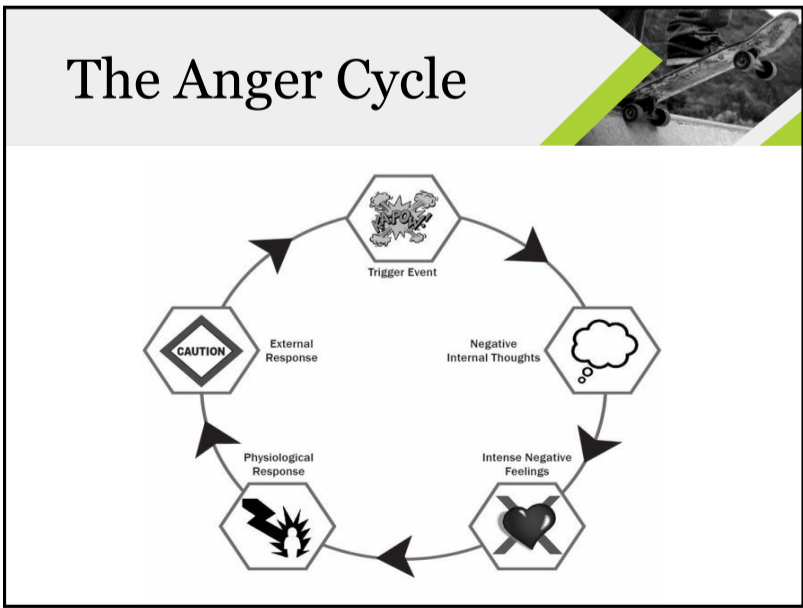
Angry

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

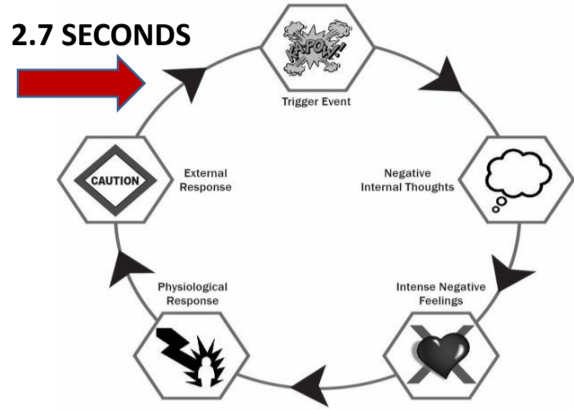
The Gutman Institute

Opportunity 3

Help young people understand their triggers



The Anger Cycle



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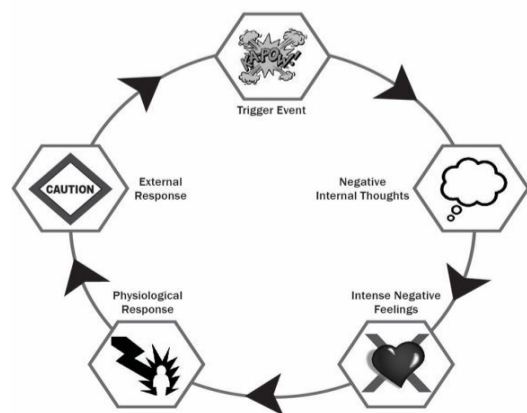
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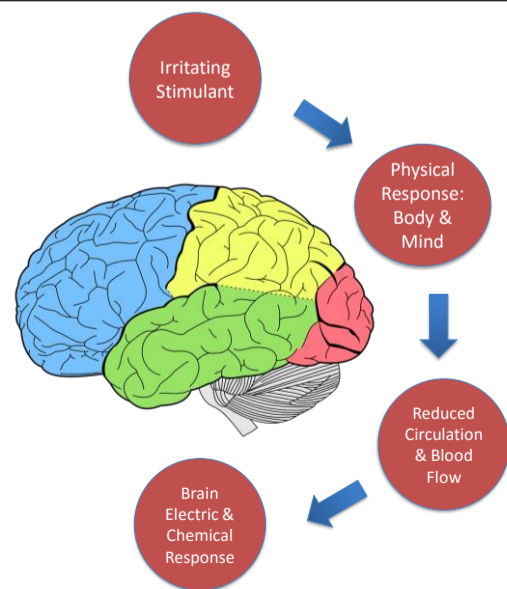
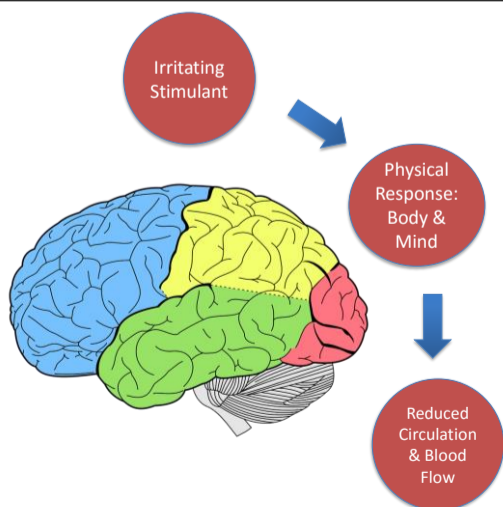
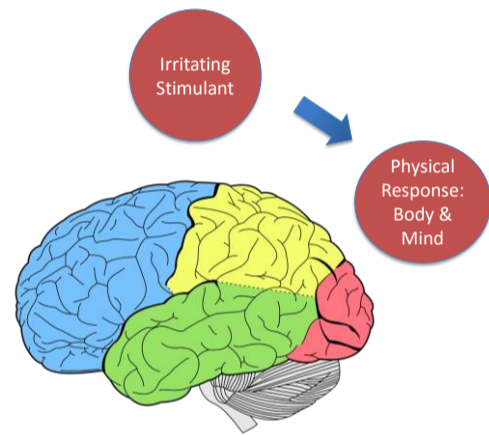
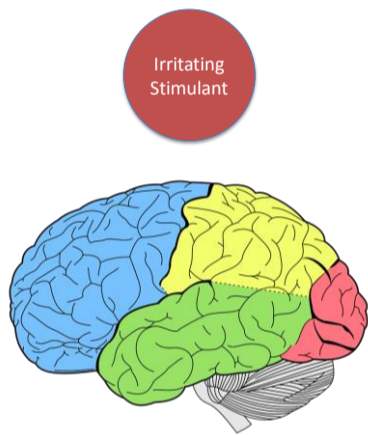
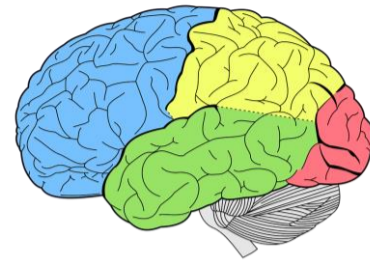
As he is yelling, he punches one man from behind. That man falls and hits his head really hard on the concrete, becoming unconscious. James has a fractured jaw and is soon arrested by police.

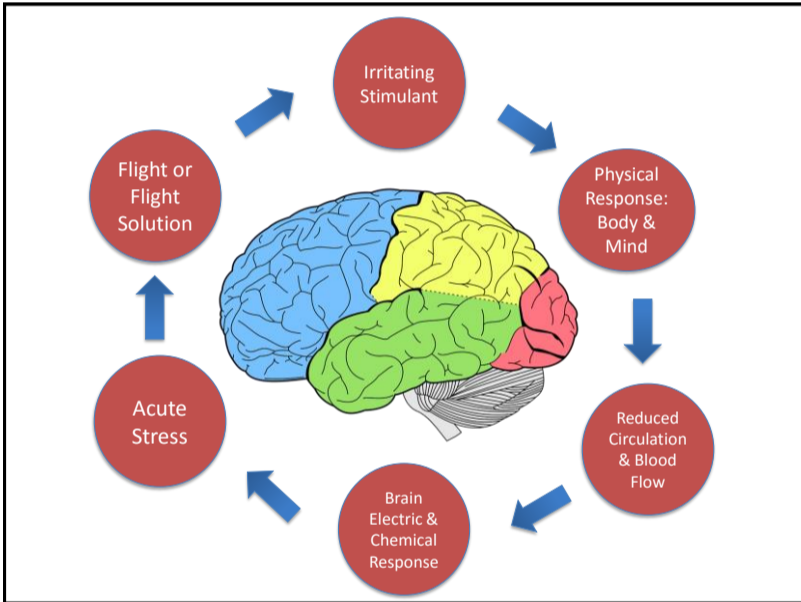
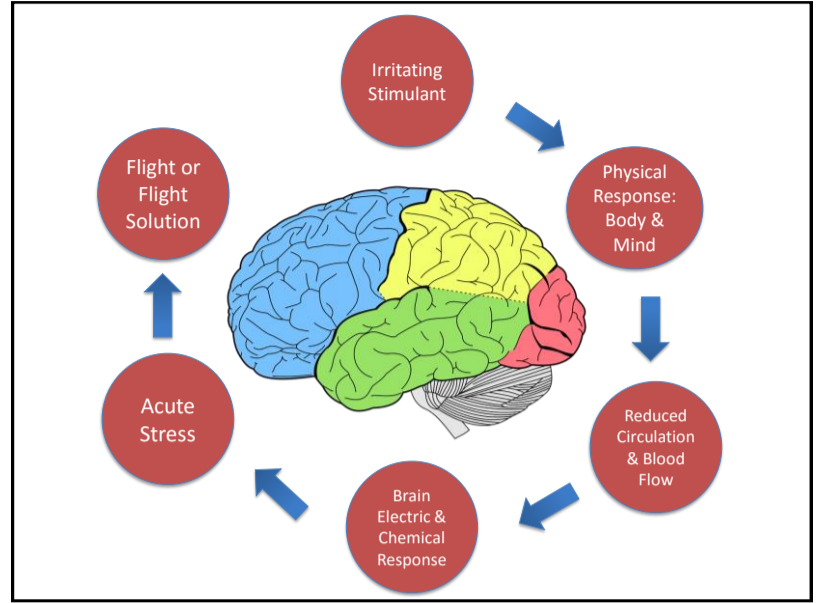
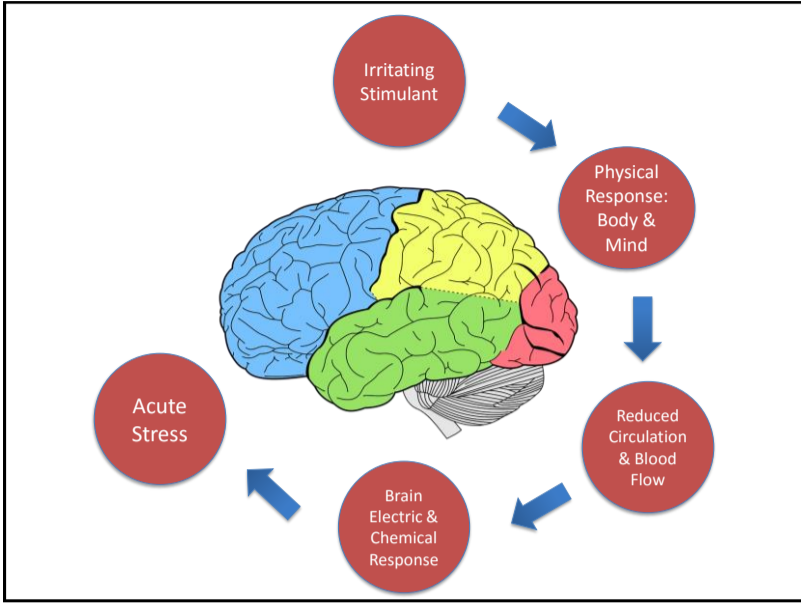
The Anger Cycle



Opportunity 4

Explain the physiology of anger





Opportunity 5

Teach them the 8 second rule

#8SecondRule

A digital timer interface with a black background and white text. The timer displays '00:08.0' in large white digits. Below the timer are two buttons: a green 'Start' button and a grey 'Reset' button. The text '#8SecondRule' is written in white at the top left.

When you choose the behaviour, you choose the consequences.

Opportunity 6

Model positive anger management

Sport



Sport



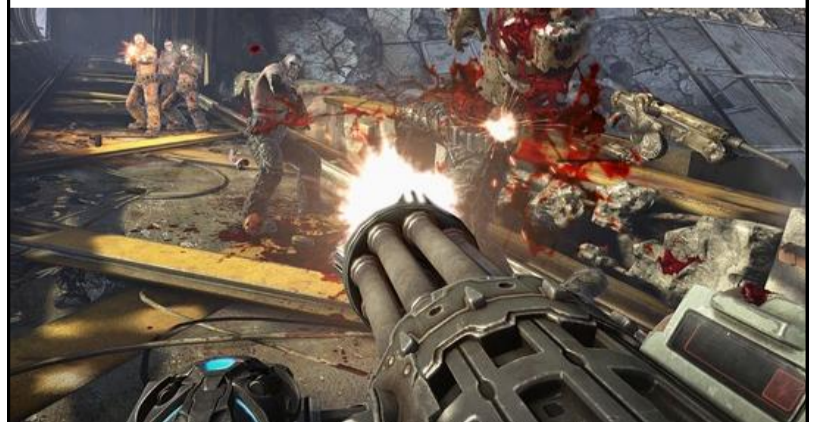
Movies



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

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Passive: Pretend nothing happened. Like the post

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

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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
6	Swearing at a teacher who thought you were talking in class
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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

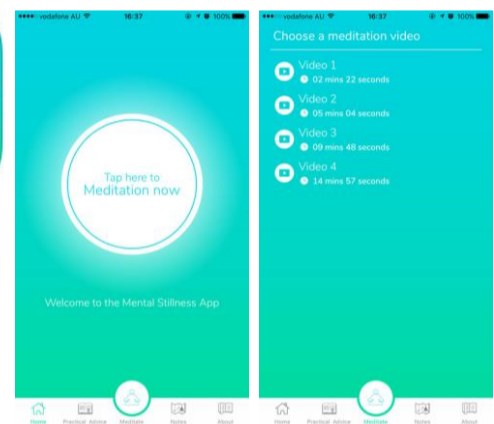
Support Apps



Mental Stillness



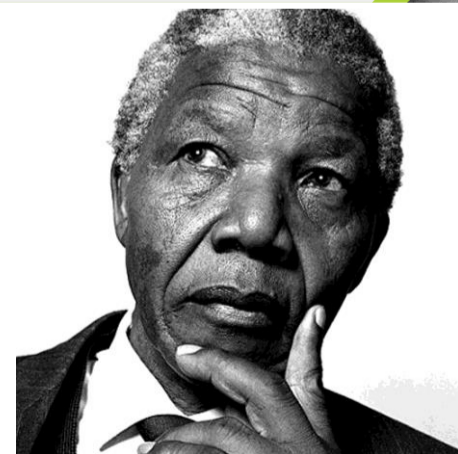
Mental Stillness



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

The collage features several photographs of people engaged in various activities: a group working at a table, a person at a computer, and a group standing together. To the right of the photos are social media icons for Snapchat, Instagram, Facebook, and Twitter, along with the 'topblokes' logo.