


Safe  
School

AIMHI EDUCATIONAL PROGRAMS

# Anger Management:

Transform Student Anger to Personal Power

Caring  
Community

**The Anger Management Program** is a hands-on, practical introductory program to teach anger management skills. It is based on an 8-session model; however, it can be extended if the opportunity exists. It's based on the five-component process for conflict education defined in *Free The Children: Conflict Education for Strong Peaceful Minds*, by Susan Fitzell. These five components are necessary to promote long-term results in any conflict, character, or anger education program.

## CHAPTER /LESSON OUTLINE

### Lesson 1: An Opportunity...

- Facilitators use this session to discuss why students are there from the students' perspective and to give them the opportunity to vent before the lessons begin.

### Lesson 2: Are The Following Statements True?

- We Own Our Feelings
- We Have A Choice
- When we feel angry...
- Name Some Primary Emotions

### Lesson 3: Physiological Definitions

- What Triggers Your Anger?
- Anger Reaction!

### Lesson 4: Chemical Abuse and Emotions

- Mood altering drugs and their impact on emotions – Chemical factors

### Lesson 5: The Roles We Play

- Conscious Roles
- Unconscious Roles
- Why?
- Consequences and Effects

### Lesson 6: How Are You Feeling?

- Language for Emotions
- Understanding Self-talk and it's impact on emotions

### Lesson 7: Ways to Express Anger

- What escalates anger? What deescalates Anger?
- Expressing Anger
- Why is it difficult to deal with anger?
- How do we learn to deal with anger? Who are our role models?
- How does our self-talk influence how we express anger?

### Lesson 8+: Fight or Flight:

#### Not The Only Route To Survival

- How do You Give Away Your Power?
- Keeping Your Power
- STOP and Think!
- Self-talk –Positive or Negative?
- Healthy Choices & Strategies
  - Throw a Curve- do the unexpected
  - Stay centered
  - Use positive self-talk
  - Stand in his/her shoes
  - Keep it light
  - Assert with 'I' statements
  - Walk Away (with head held high)
  - Call "Time Out"
  - Empathize
  - Thought Stop
  - Ask yourself: Is it worth the price you'll pay if you fight?
  - Defend without Violence

### Program costs:

Costs are determined on an individual basis.

### Contact information:

To schedule a consultation/ training or for more information, telephone 210-473-2863 from 7:00 a.m. EST through 8:00 p.m, EST, Monday through Friday . Fax: 210-473-2863.

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