

# your School Connection

SCHOOL:

DATE:

## Talking to Your Teen about Anger Management

Anger management is an important skill for teens to develop. As a parent, you can be a good role model to show teens appropriate ways to deal with anger.

Anger is an intense yet natural emotion. Teens face many challenges, such as the pressure to fit in, get good grades, and live up to the expectations of parents and peers. They may respond to these challenges with frustration, anxiety, or anger.

This newsletter offers practical information to help you address anger management with your teen.



### How Can You Talk to Your Teen about Anger Management?

- Let your teen know that it's important to learn good anger-management skills.
- Approach your teen in a concerned way, never in an angry or punishing way.
- Listen while your teen talks about his or her anger, even if it involves ranting and raving. Allow your teen to express his or her feelings. When your teen is calmer, try to help him or her find a good solution to the problem.
- Hold your teen accountable for angry actions. Let your teen know that fighting and violence are not positive solutions.

### Remember That You Are a Role Model for Your Teen

Your teen will learn a lot about how to handle anger by watching you. If you stuff your anger or explode, your teen will learn to do the same. Reflect on your own anger-management style. Are there things you could do to handle your anger in healthier, more positive ways? Try as best you can to implement these changes, and let your teen know you are doing this. Your willingness to change may inspire your teen to do the same.

To get control of anger, you have to learn to recognize right away that you are angry. That might sound like a no-brainer, but it's not always easy.

## What Key Things Should You Tell Your Teen?

Help your teen learn and practice anger-management techniques by discussing these anger basics:

*What are the warning signs of strong anger?*

- feeling a loss of self-restraint
- using a tense tone of voice
- feeling rage
- screaming or yelling
- feeling ready to fight or hurt another person

*What can you do when you get ready to “blow”?*

- Stop what you are doing, drop the subject, and walk away to avoid a fight.
- Leave the situation until your head is clear.
- Engage in another activity until you feel calm.
- Use the “ANGER method”—with the letters *A*, *N*, *G*, *E*, and *R*—to stop and assess the situation.

**A** reminds you to **assess** your triggers.

**N** reminds you to **notice** your signs of anger.

**G** reminds you to **get control** of yourself.

**E** reminds you to **evaluate** your response.

**R** reminds you to **read** the scene.

## What are some negative ways to handle anger?

- saying abusive things
- acting irrationally
- getting into fights
- disrespecting people
- stuffing anger

## What are some positive ways to handle anger?

- talking it out in a calm way
- exercising to release the tension
- stepping away to calm down



## WE'RE HERE TO HELP!

Teens can't always identify their feelings. Teens who feel frustrated, anxious, sad, or scared may vent these feelings as anger. Work with your teen to help identify and understand his or her true emotions, and offer tips on how to help manage anger and other strong emotions. Reaffirm that violence is never the right solution—especially violence toward other people, including you. If your teen is struggling with issues of rage or violence, don't be afraid to ask for outside help.

*If you need help, please feel free to contact*

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