



Corbin & Associates, Inc.
Lesson Plan of the Month
(June 2000)

Topic: Anger Management
Target Group: Middle School
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Objectives:

After this block of instruction the student will be able to:

- ✓ Understand anger (that it is healthy in some ways, but can also be an enemy if you let it control your life)
- ✓ Recognize where anger comes from, and identify triggers that stimulate people to become angry
- ✓ Demonstrate and apply to deal with anger and understand and express anger in the proper way
- ✓ Assess different situations and employ ways to avoid a violent outcome

Introduction:

My name is Todd Beaver. I'm the SRO for Baxter County Sheriff's Office and currently assigned to the Norforte School District. I've been married for six years. I have two children, my daughter three and my son sixteen months. I enjoy hunting, fishing, camping and spending time with my family. I have served in law enforcement for three years. I've worked for the Harrison Police Department and Mountain Home Police Department, in Idaho. Prior to that I served with the USAF in security forces. Today, will be talking to you about anger management from understanding anger to where does anger come from, dealing with anger and finally avoiding violence.

Body:

I. Understanding Anger

A. It is okay to be angry, in fact it's normal and can be healthy. It is how you deal with your anger that can make a difference.

B. Anger can be your friend, a little anger can be a good thing. It can motivate a person to do better or it can help someone react quickly in an emergency.

C. Anger can also be an enemy. Getting violent is never a good thing. If you lash out you can hurt others including friends, family, etc.

D. Ignoring anger is not the answer, managing your anger doesn't mean bottling it up over time in which it could lead to an explosive anger later.

II. Where Does Anger Come From?

A. Anger is not always easy to spot, you may feel frustrated, disappointed, hurt or even threatened. These may be signs of unexpressed anger.

B. Whatever the cause, finding the root of anger is the best way to deal with it.

C. Watch out for triggers. A trigger is anything that sets you off. The best way to deal with it is to figure out what your triggers are and attempt to keep your cool when they appear.

III. Dealing With Anger

A. If you find yourself getting angry, here are a few steps to head off violence.

1. Think Before You Act - Give yourself a chance to cool down. For example: count from 1-10 and repeat a calming thought or image.

2. Be Assertive - You can express yourself without lashing out at others' feelings. Be clear about your thoughts and feelings without losing your temper.

3. Don't Blame - Someone else; rather take a close look in the mirror and think about what you can do to make the situation better.

4. Give Yourself Credit - If you avoid a potentially violent situation.
5. Work it out - Sometimes exercise may be a way to calm yourself.
6. Talk it out - Let people know how you feel and stay calm. You might be surprised on how much anger you can overcome.
7. Let It Out Safely - Talk to someone, don't be afraid to ask for help. Talk to someone, such as a parent, or trusted friend, teacher, counselor or even a SRO.

IV. Do Whatever It Takes To Avoid Violence

A. Keep Your Cool - If someone is heating you up try to cool down. Listen to the other person's point of view.

B. Keep Your Distance - Sometimes, talking doesn't always work, if things are looking bad, look for a way out, sometimes the best thing to do is to walk away and stay away until you calm down.

C. Remember You're In Control - You have the power not to fight, take responsibility for your actions and think about the consequences and take control of your anger.

Review:

- ✓ We've discussed understanding anger and that it is health sometimes. Recognize that anger can also be an enemy if we let it control us by ignoring the problem.
- ✓ Identified where anger comes from and that finding the root of the anger is the best way to deal with the problem. Identify what triggers are and how to recognize them.
- ✓ Explored a few steps to avoid violence and to be responsible for actions and that every action has a consequence and you are in charge.
- ✓ Explored a few steps to avoid violence and to be responsible for actions and that every action has a consequence and you are in charge.

Practice:

- ❖ Review steps in dealing with anger
- ❖ Discuss and role-play different situations to formulate ideas to avoid violence
- ❖ Take an anger quiz

Documentation And/Or Sources:

- Letting Go of Anger
- Common Ground Youth Violence Prevention Programs

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