



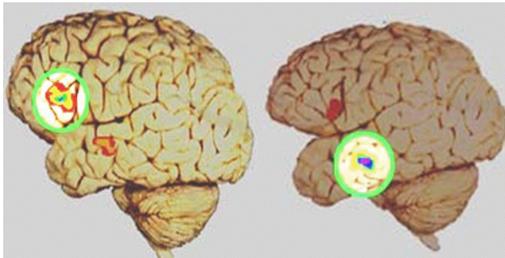
Anger Management Facts, Stats & Scenarios

How Do You Interpret These Faces?



Adults and teens tried to interpret what these people were feeling while researchers watched what happened in their brain scans. One hundred percent of adults correctly identified fear, but only 50% of teenagers got it right. Many youth, especially early teens, incorrectly read shock or confusion.

As shown below, brain scans revealed adults primarily use their frontal lobe while teens use their amygdala to interpret body language. Until the frontal lobe fully develops, teens may misinterpret social situations as more hostile or threatening than they are, and react more emotionally until their executive functions mature.



66% **1 in 12**

of adolescents have experienced an anger attack that involved threatening violence, destroying property or engaging in violence toward others at least once in their lives.

youth have an anger disorder. Almost 8% of teens display violent angry outbursts that meet criteria for a mental health disorder. They are more likely to lash out at others when they feel humiliated or threatened.

Anger Management

The most effective anger control techniques:

- Change negative self/other talk
- Develop empathy for others
- Pause, breathe, take a time out
- Learn how to relax and de-stress
- Practice assertive communication
- Reduce expectations that are too high
- Forgive others, but don't forget
- Let go of toxic relationships
- Use humor to take things less personally
- Change your perceptions and reframe the situation to reduce emotional reactions

H.A.L.T.S.

People are more likely to lose control of emotions and act out when they are hungry, angry, lonely, tired, or stressed. When reacting poorly, take a deep breath and ask yourself if you need to eat, calm down, connect with a loved one or pet, rest, sleep, or unwind.

Anger Management Scenarios

- 1) During morning announcements someone kicks your seat from behind. The teacher tells you to be quiet. What could you do?
- 2) Your parent unplugs your video game and you lose all your progress. How do you handle this?
- 3) You have an argument with your BF who starts hanging out with someone else. How could you deal with this situation?
- 4) You are looking forward to a friend's party for the weekend but find out that their parents will only allow them to invite five people and you are not one of them. How do you deal?