



# Points for Parents

## Youth and Anger

- Use “I” statements such as “I feel angry when \_\_\_\_ (describe what happened) Because \_\_\_\_ (say why it has upset you) and I would like \_\_\_\_ (state what you think is the best solution to the problem).”
- Avoid “you” statements as they put the other person on the defensive.

### Unhealthy Ways to Deal with Anger

- **Blow Up** - exploding is an aggressive way of dealing with anger.
- **Stuff your Anger** - stuffing your anger back down inside is a passive way of handling anger
- **Complain** - It can help to talk about it - unless it turns into complaining. Instead of complaining, try figuring out ways to deal with it.

It's OK to be Angry.

It's not OK to hurt yourself or others while you are angry.

### It is time to admit that anger is a problem when...

- Constantly on your mind for several weeks and is beginning to seriously harm your enjoyment of life.
- Caused by something that happened a long time ago.
- Causing you to do vengeful things.
- Marking you act violently to others or to yourself.
- Interfering with your ability to do your job.
- Hurting your relationship with your family and friends.

### Healthy Ways to Deal with Anger

- **Take Time Out** - Get yourself away from whatever you're angry about and take time to calm down.
- **Own Your Feelings** - Your feelings belong to you. You alone can learn ways to control your anger and express it in a healthy way.
- **Talk Things Through** - If you're mad about someone else said or did, make sure it's not a mix-up or false rumours. When you talk with someone who has made you angry, be clear about how they have affected you and what you would like them to do differently.
- **Look at What You Can Change** - Your anger is telling you that you need to take action, to make some changes. Pay attention to what makes you mad. You might be able to learn ways to avoid situations, or deal with them without losing your cool.
- **Accept What You Can't Change** - you won't always get what you want and things may not always turn out the way you would like them to. You might decide some situations will never change and you are willing to accept them the way they are. Acceptance can be a big part of dealing with situations that upset you.

### Resources

Feeling Angry Fact Sheet:  
[http://www.cmha.ca/bins/content\\_page.asp?cid=2-63-64](http://www.cmha.ca/bins/content_page.asp?cid=2-63-64)

Coping with Strong Feelings:  
[http://www.kidshelpphone.ca/en/informed/sub\\_angry.asp?sec=3&sb=2](http://www.kidshelpphone.ca/en/informed/sub_angry.asp?sec=3&sb=2)

Dealing with Anger:  
[http://www.aadac.com/124\\_750.asp](http://www.aadac.com/124_750.asp)



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