

Aggression Replacement Training (ART) at Mistassiniy School

Site Supervisor: Tracy Cardinal

Support Worker: Bonnie Young

About the Society for Safe and Caring Schools & Communities

Since 1996, Safe and Caring has worked with stakeholders across Alberta to promote evidence-based practices that support healthy relationships. Safe and Caring has a vision that every school and community will be a safe, caring, and inclusive environment, where each child will grow to be a respectful and responsible citizen.

About the ART Project

In spring of 2015, Safe and Caring was awarded a grant from the National Crime Prevention Strategy (NCPS) titled Aboriginal Youth ART Project—Bullying Prevention in Schools. The project is for approximately 4.5 years, from June 2015 through August 2020). Funds are to implement the ART® program in two First Nation school communities in Alberta—Mistassiniy School in Bigstone Cree First Nation, and a second site to be determined—to address bullying and aggression for youth.

ART involves teaching alternate strategies to prevent aggressive and bullying behaviour. Through a 10 week strategic building block series of classroom training (30 hours), youth participants will develop:

- *Social Skills Training: youth learn pro-social behaviours based on teaching, reinforcement, and role playing*
- *Anger Control Training: youth learn strategies to recognize and control their anger*
- *Moral Reasoning Training: youth increase their level of understanding of fairness, justice, and concern for the needs and rights of others*

Following the 10 week group sessions, one-on-one sessions and small group mentorship will continue with participating youth in the community.

To support this work, the ART project has a Community Steering Committee comprised of Elders, local law enforcement, school administration, local probation offices, and other community stakeholders.

<< ART is NOT >>	<< ART IS >>
<i>a “Quick Fix” program</i>	<i>a 10 week strategic building block series of classroom training with follow-up support from the program and the community</i>
<i>a Rehabilitation program</i>	<i>a Habilitation program—assisting children with achieving developmental skills</i>
<i>going to solve all of the behaviour issues at the school or in the community</i>	<i>a positive start to teaching Social Skills, Anger Control, and Moral Reasoning</i>

*For more information about ART or how you can support the program, contact Tracy Cardinal @ 780-891-0580

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	Social Skills Training	Anger Control Training	Moral Reasoning Training
Week 1	<i>Making a Complaint</i>	<i>ABCs of Anger</i>	
Week 2	<i>Understanding the Feelings of Others</i>	<i>Hassle Log and Triggers</i>	<p><i>Students will participate in an interactive session that explores a real life situation based on a moral issue.</i></p> <p><i>Problem situations are reflective of the Social Skills and Anger Control Training that participants have learned each week.</i></p>
Week 3	<i>Getting Ready for a Difficult Conversation</i>	<i>Cues and Anger Reducers</i>	
Week 4	<i>Dealing with Someone Else's Anger</i>	<i>Reminders</i>	
Week 5	<i>Helping Others</i>	<i>Thinking Ahead</i>	
Week 6	<i>Keeping out of Fights</i>	<i>Self-Evaluation</i>	
Week 7	<i>Dealing with an Accusation</i>	<i>Angry Behaviour Cycle</i>	
Week 8	<i>Dealing with Group Pressure</i>	<i>Using a Social Skill and Rehearsal of Full Anger Control Chain</i>	
Week 9	<i>Expressing Affection</i>	<i>Rehearsal of Full Anger Control Chain</i>	
Week 10	<i>Responding to Failure</i>	<i>Overall Review and Rehearsal of Full Anger Control Chain</i>	

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PROGRAM SCHEDULE