

Aggression Replacement Training (ART) Communiqué for Teachers, Parents, Mentors, & Community Stakeholders

As you all know, the ART program starts at Mistassiniy School on February 16, 2016. We will send out the lessons for each week at the end of the week prior so you are aware of what is coming for the students in the ART class.

February 16, 2016: Week 1 – Social Skills – Making a Complaint

The objective for the first session is to introduce the Social Skills Training component of ART and provide a rationale for skill learning. We will introduce the procedures for Social Skills Training sessions and teach the skill of Making a Complaint. Students will have the chance to practice this learned skill outside the group. Every week a new Social Skill will be introduced. Skill cards will be introduced to assist in breaking down the steps of each skill after it is defined and modeled by facilitators, then role-played by group members.

In each session, we will review what we have learned in previous sessions. We will establish to group members the need for each skill and ask for feedback. We will provide Hassle Logs and establish group rules they will follow during each session.

February 17, 2016: Week 1 – Anger Control – Introducing Anger Control Training/ABCs of Anger

In this first session, we will introduce and explain the goals of the Anger Control Training component and provide a rationale for learning the Anger Control sequence. We will also introduce procedures for the Anger Control sessions and help group members understand the ABCs of Anger (Antecedent – Behaviour – Consequence): A = What led up to the problem? B = What did you do (your response to A)? C = What were the results of your behaviour (B)?

The Anger Control Training part of ART will help group members know when they are getting angry and help them develop the self-control to keep from losing their temper and getting in trouble.

February 18, 2016: Week 1 – Moral Reasoning – Introducing Moral Reasoning – Jim’s Problem Situation

In the first Moral Reasoning session we will introduce the Moral Reasoning Training component and explain the procedures for the Moral Reasoning sessions. We aim to provide a rationale for achieving more mature thinking and facilitate group members’ ability to take into account others’ perspectives on specific problem situations.

Each session in the following weeks will promote perspective taking, mature moral reasoning, and responsible social decision-making on a situation concerning the primary themes of friendship, honesty, and respect for property. Each session will have a different problem situation. In Week 1, we will discuss Jim’s Problem Situation, and lead a discussion in 4 phases:

- Phase 1: Introduce the problem situation
- Phase 2: Cultivate Mature Morality
- Phase 3: Remediate Moral Development Delay
- Phase 4: Consolidate Mature Morality

For each topic in Moral Reasoning we will have a discussion and group consensus to close the session.

*For more information about the ART program and lesson plans, contact Tracy Cardinal @ 780-891-0580