

## Aggression Replacement Training (ART) Communiqué for Teachers, Parents, Mentors, & Community Stakeholders – Week 6

As a transfer coach, you can help participants use the techniques they have learned in the ART group in situations outside the sessions. You can provide support and encouragement every time a participant identifies things that may cause his or her anger, or uses other anger control techniques. If you reward and celebrate such positive behaviour, the likelihood of it continuing increases.

You can also assist the youth in identifying anger-provoking situations and completing Hassle Logs, the homework for the Anger Control Training component.

### March 22, 2016: Week 6 – Social Skills – Keeping out of Fights

The purpose of this session is to help the group members understand the importance of keeping out of fights, as well as to provide an opportunity for participants to learn and role-play the steps of the skill and to encourage skill use outside the group.

Keeping out of fights means doing something different from escalating a conflict situation. Fighting can be either physical or verbal, so this skill is helpful to keep group members from getting into any kind of trouble.

### March 23, 2016: Week 6 – Anger Control – Self-Evaluation

In this session we will introduce self-evaluation (self-rewarding and self-coaching). Self-evaluation means judging how you handled a conflict situation or hassle after it is over, and determining if you handled it well (self-reward), or if you didn't, figuring out how you could have handled it better (self-coach).

We will also provide and role-play the next link in the Anger Control sequence: *triggers (external/internal) + cues + anger reducer(s) + reminders + thinking ahead + self-evaluation (self-reward/self-coaching)*.

### March 24, 2016: Week 6 – Moral Reasoning – Leon's Problem Situation

The purpose of this week's moral reasoning session will be to promote perspective taking, mature moral reasoning, and responsible social decision-making, through a situation concerning the primary themes of friendship, quality of life, and life itself.

As in all Moral Reasoning sessions, our discussion will be in 4 phases, closing with a group consensus:

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

\*If you are interested in joining the ART Steering Committee, or would like to learn more about the program, contact Tracy Cardinal @ 780-891-0590