

## Aggression Replacement Training (ART) Communiqué for Teachers, Parents, Mentors, & Community Stakeholders – Week 7

Welcome to Week 7 of ART! The participants are back from Spring Break and hopefully looking forward to the remaining classes of ART. There are some noticeable positive steps forward by many of the participants. The importance of ongoing positive reinforcement by parents, teachers, and community members is so important to the success of the ART Program. You can take special care to listen to the youth during conversations outside of group and take opportunities to provide encouragement and reward when they demonstrate appreciation and acceptance of different ideas and perspectives.

We will share some specific coaching techniques in the next Communiqué to assist you to become an effective ART transfer coach.

### April 6, 2016: Week 7 – Social Skills – Dealing with an Accusation

The purpose of this session is to help group members understand the importance of the skill of dealing with an accusation. We will provide an opportunity to learn and role-play the steps of this skill and encourage skill use outside the group.

We will define dealing with an accusation as responding in a way that doesn't get you into more trouble when someone says you did something. We will point out that what you're accused of doing can be good or bad, but it is usually negative, and that the person's accusation can be true or false (you might have done it or not).

### April 7, 2016: Week 7 – Anger Control – Angry Behaviour Cycle

The purpose of this session is to introduce the Angry Behavior Cycle and to give group members the opportunity to role play *triggers (external/internal) + cues + anger reducer(s) + reminders + thinking ahead + EXIT (do something different) + self-evaluation (self-reward/self-coaching)*.

We will help group members realize that their own behaviour can serve as a trigger for others' anger and begin to change their own triggering behaviors by choosing to do something differently. We will stress the importance of changing perspective and focusing on what we do to get others angry, in order to EXIT the Angry Behaviour Cycle. EXIT strategies (social skills) will be shared with group members, laying the foundation for what will occur in the next Anger Control session – that is, adding a social skill as an alternative to being aggressive or violent.

### April 8, 2016: Week 7 – Moral Reasoning – Reggie'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 family loyalty, honesty, and fairness.

\*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