

Aggression Replacement Training (ART) Communiqué for Teachers, Parents, Mentors, & Community Stakeholders – Week 10

Thank you for supporting our ART students through the past weeks. We'd like to provide one more technique that you may find valuable in your role as an ART transfer coach.

Rewarding: The most important contribution by far that you can make for skill transfer is to provide rewards for using a skill correctly. Rewards take the form of approval, praise, or compliments; they may also consist of special privileges, points, tokens, recognition, or other reinforcements built into a school's behaviour management system. All of these rewards increase the likelihood of continued skill use in new settings and at later times. The most powerful reward is the success of the skill or technique itself. If a youth prepares well for a stressful conversation and the conversation goes very well, that reward (the successful conversation itself) helps skill transfer more than any feedback a transfer coach may give. The same conclusion — that success increases transfer — applies to all of the social skills and all of the Anger Control Training techniques. So whenever possible, create the opportunity to reward a youth's skill use by helping him or her succeed with it!

April 25, 2016: Week 10 – Social Skills – Responding to Failure

The purpose of this session is to help group members understand the importance of the skill of responding to failure. We will provide an opportunity for group members to learn and role-play the steps of the skill and encourage skill use outside the group. We will define responding to failure as dealing in a positive way with not being able to do what you hoped, or failing to accomplish or achieve something you wanted.

April 26, 2016: Week 10 – Anger Control – Review and Rehearsal of Full Anger Control Chain

We will conduct a review of all the techniques in the Anger Control Chain. This session will be additional practice in using a social skill to exit the Angry Behaviour Cycle. It will also provide group members an opportunity to role-play: *triggers (external/internal) + cues + anger reducer(s) + reminders + thinking ahead + EXIT (social skill) + self-evaluation (self-reward/self-coaching)*. In closing, we will encourage group members to continue using the Hassle Log and following the steps in the Anger Control Chain. We will remind them they now have the ability to get what they want without being aggressive or violent, maximize positive results, and minimize negative reactions from others, thus giving them greater power of their own lives.

April 27, 2016: Week 10 – Moral Reasoning – Antonio's Problem Situation and Program Conclusion

The purpose of this week's moral reasoning session will be to promote perspective taking, mature moral reasoning, and responsible social decision-making with a situation concerning the primary themes of honesty, fairness, and negative peer pressure.

On May 4th @ 11:30 am in the ART room, **you are invited** to help us celebrate the ART group. We will praise and remind the group that what they have learned will help them increase their personal power to be better respected by their peers, teachers, parents, and other significant adults. We will emphasize that each group member is now empowered to use appropriate social skills instead of doing the things that get them into trouble, stay in control of their anger, and make good decisions about tough situations.

*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