

Anger Management for Young People



Most young people get angry. It's a natural emotion and something that we all experience. However, for some young people, their anger gets out of control and they can experience:

- Stress, depression or anxiety
- Loss of sleep
- Difficulties at school
- Self harm
- Problems with drugs or alcohol
- Aggression leading to violence towards others
- Strained relationships with family or friends



UNITE's Anger Management service has successfully helped young people in Hambleton and we are now offering this service across the North East. The service has sixteen years experience of conflict resolution work with young people, families and schools.

How does Anger Management work?

The facilitator will visit the young person and assess which anger management approach will suit them. This will depend on factors such as the young person's needs, their interests, the sorts of behaviour that are causing concern and their age.

The facilitator will work with the young person over a number of weeks to identify the triggers for their anger, understand the impact of their behaviour and work on ways of changing their responses.

All UNITE's facilitators are trained and experienced in conflict management and have enhanced CRB disclosure.

UNITE's Flexible Approach

Sometimes it is difficult for young people to work on their anger in isolation and UNITE has found that by including a meeting with the family to help them support the young person the Anger Management work can really benefit all those involved.

In addition, UNITE can also arrange a Family Group Conference which can include all those working with the young person such as teachers, youth workers, social workers and other professionals.

Case Study

Julia, a UNITE Anger Management facilitator, recently worked with a young person called David. He was having problems managing his anger; acting aggressively in class with teachers and other pupils. He had also come to the attention of the police for some low level anti-social behaviour.

David was referred by a school contact and Julia then met David for an initial assessment in a room near to the school premises. She and David had several sessions together working on communication, anger trigger points and different ways of expressing anger productively without being aggressive.

It was during these sessions that Julia learned that there were issues within David's home life that would benefit from a meeting with the family (intra-family mediation), so Julia organised separate meetings with David's mum and older brother and then brought them all together for a joint mediation session. They were able to jointly address some of the triggers for David's anger and support the way he wanted to change his behaviour. Feedback from David's school was that his behaviour and classroom contribution were much improved.

UNITE
Southlands Centre
Ormesby Road
Middlesbrough
TS3 0HB

Tel: **01642 311633 / 327583 ext 357**
Email: **office@unite-mediation.org**
Web: **www.unite-mediation.org**

***“Do not teach your children never to be angry;
teach them how to be angry”***

Lyman Abbott

