

Chaplain's Spot

20 ways to help teenagers handle their anger.

Part 1



Teenage anger can be frightening, especially when they are taller than you. We need to work on ways to deflate the balloon without it bursting. Here are ideas on how to help our teens keep anger under control.

1] Model good anger management. Express your anger appropriately and ask assertively for what you want to change. Talk about how you cope with angry feelings and how to release them

2] Help teens to express anger appropriately. Talk about strategies, such as punching a pillow, doing exercise, listening to music, or imagine a pause button. They need somewhere private to go to when angry.

3] Be aware of other influences. Your teen spends much of their time with friends and others. Take any angry outbursts seriously but not personally. Some of the nicest parents have problem teenagers.

4] Have rules, rewards and consequences. Work out what rules are really important to you. Work out the benefits to your teen for sticking to the rules and fair consequences if they don't.

5] Discipline with Rewards. Don't forget the rewards when your teens do behave well! Make the rewards something that really appeals to them without compromising your values.

6] Understand the pressure your teen may be under. Teens may find the pressure of study, work, friendships, responsibility, and teenage hormone surges overwhelming.

7] Ask your teen about areas of conflict. Find out what they are struggling with and ask if you can help. The desire to be seen as cool, intelligent, successful, part of the gang... The list is endless.

8] Spend time to listen and talk with them. Make them feel important enough to be worth you asking about them. Instead of pointing out what's wrong, state your values and/or your expectations.

9] Be open to negotiation. If your teen complains about restrictions or punishments try to compromise if they can show they are responsible about the rules. Let them earn their privileges.

10] Encourage them to talk about negative feelings. It is important that teenagers understand that it is OK to describe their frustrations in private, and to talk assertively to the right person when angry.

One Liner of the week: *Meanwhile in a parallel universe: "Oh for goodness sake! Where are all these extra single socks coming from?!"*

Alan Silverwood – Chaplain [silverwood.alan.a@edumail.vic.gov.au] Pastoral care for our community, Tuesdays, Thursdays & Fridays.

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