

# ADVANCING COMPETENCY DEVELOPMENT:

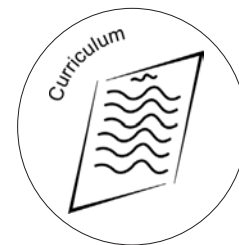
## A Resource Guide for Pennsylvania

**NCJJ**



## ARISE ANGER MANAGEMENT LESSONS

Skill-training curriculum for youth ages 14-19 who display aggressive behaviors and anger.



### PRO-SOCIAL SKILL SET

### INTERESTING FACTS

The *ARISE Anger Management Lessons* curriculum is included in Book 1 of a four-book series, *Work in Progress*, which is part of the *ARISE Independent Living Curriculum* (also included in this Guide).

### ABSTRACT:

The *ARISE Anger Management Lessons*<sup>4</sup> curriculum is designed to provide youth with the tools they need to manage aggressive behavior and anger.

*ARISE Anger Management Lessons* consists of nine lessons designed to be taught in nine sessions of approximately 30-60 minutes each. The lessons are flexible to allow facilitators to plan individualized courses of study depending on youths' ages and needs.

*ARISE Anger Management Lessons* may be taught in probation departments, community-based programs, and residential facilities. The curriculum is designed to be presented using an interactive group process format that includes role-playing, modeling, written assignments, group discussion, and assessment.

Training is offered but not required to facilitate *ARISE Anger Management Lessons* groups or purchase materials. Curriculum materials include an instructor manual, student workbook, and quizzes to evaluate learning.

The *ARISE Anger Management Lessons* curriculum has been evaluated but not listed in a registry. Internal evaluations have concluded that *ARISE* instructor training and youth curricula are effective. The evaluations assessed multiple dimensions, including *ARISE*'s training practices and effectiveness, the competency of *ARISE* certified instructors, and the satisfaction of youth participants and instructors.<sup>5</sup>

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**OBJECTIVES:**

Participants will learn to:

- ✓ Recognize impulses that lead to aggressive behavior and anger,
- ✓ Control impulses and manage aggressive behavior and anger, and
- ✓ Handle peer pressure.

**COMPONENTS:**

*ARISE Anger Management Lessons* include:

1. Aggressiveness
2. Peer Pressure
3. Types of Anger
4. Avoiding Fights
5. Body Language
6. Bullies
7. Respect
8. Communication and Listening
9. Mediation

**TRAINING AND MATERIALS:**

Training is offered but not required to facilitate *ARISE Anger Management Lessons* groups or purchase materials. See Appendix B for more information about training, a list of materials, and associated costs.

**CONTACT INFORMATION:**

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