ADVANCING
COMPETENCY
DEVELOPMENT:

A Resource Guide for Pennsylvania

Updated 10/2009
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 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.5
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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