

Unit 2: A Whole School Approach to Anger Management Overview and Guidelines

Materials on CD-ROM

- ◆ **Overview and Guidelines for Facilitators**
- ◆ **Handout – Whole School Approach to Anger Management**
(background for the facilitator, and handout for participants)
- ◆ **3 Activity Handouts**
(colour versions for printing and Word versions for editing, if required)
- ◆ **OHTs 1 – 7 in Powerpoint**
(slide show version and a file for editing, if required)

Objective

The objective of this unit is to provide opportunities to discuss a whole school approach to anger management.

Using the Unit

This unit could be covered in a PAT session lasting at least 1.5 hours. Suggested timings and a suggested order for the materials are given below. There follows a more detailed guide to the use of the materials.

- | | | |
|----------------------------------|-------------------------------------|------------------|
| • Introduction | | (5 mins) |
| • Activity 1 | Society and School Responses | (15 mins) |
| • Whole School: Rationale | OHT 2 | (10 mins) |
| • Activity 2 | Scenario for an Action Plan | (30 mins) |
| • Whole School: Process | OHT 3 | (10 mins) |
| • Whole School: Features | OHT 4 and 5 | (5 mins) |
| • Activity 3 | Current School Policy | (30 mins) |

Guidelines for Facilitators

Introduction

Brief introduction to Unit 2, outlining the specific objective of the unit.

Activity 1 Society and School Responses

This activity encourages participants to consider the importance of addressing the issue of anger in society in general and to discuss their views with a partner. This is followed by a discussion about the role of schools.

There can be further discussion/sharing in the large group context using a flipchart or OHP acetates.

Whole School: Rationale

Presentation by the facilitator. Use OHT 2 and information contained in the text handout, especially the section on *rationale*. It is anticipated that some of the points will have been elicited in Activity 1 and that the purpose of this information giving is to reinforce and supplement the comments made.

Activity 2 Action Plan for an Anger Management Strategy

This activity should be carried out in groups of about 5-7 people. It uses a case scenario format to focus discussion. Participants are given the task of drawing up an action plan. Some assistance is provided in the form of points/questions. It is anticipated that participants will draw on their professional experiences and share these with the other group members.

There can be follow up discussion of any key points in the large group setting. An alternative would be to display the various action plans for general perusal.

Whole School: Process

Presentation by the facilitator to reinforce points made in Activity 2. Use OHT 3 and information contained in the text handout, especially the section on *process*.

Whole School: Features

Presentation by the facilitator. Use OHTs 4 and 5 and information contained in the text handout, especially the sections on *features* and *components*. It should be pointed out

that features which apply to school-wide behavioural management systems also apply to whole school anger management strategies. The degree to which the latter is made explicit will vary from school to school.

Activity 3 Current School Policy

This activity may be best suited to staff training in an individual school rather than where the participants come from different schools. The benefit of doing this in an individual school is that it would facilitate sharing of perspectives and help a school move forward from its current position.

A solution focused approach is used. It is suggested that participants work in pairs. Alternatively, the activity could be carried out in small groups.