

# GETTING ANGRY

What is anger (emotion) and why do we get angry.

The consequences of anger.

Coping mechanism (punching bag, 5 values filter, etc.)

Appropriate action.

Everyone has their own triggers for what makes them angry, but some common ones include situations in which we feel threatened or attacked, frustrated or powerless. It is important for our boys to know that all emotions are “okay” - what we DO with them is what matters. Our boys must learn that there are consequences to their behaviour and that there are always alternative avenues or coping mechanisms.

Our boys must learn what they need to help them get rid of negative emotions eg. to punch a punching bag or to scream in a pillow. For the more artistic children drawing or painting might be a good outlet.

It is important to remember that anger is a normal and healthy emotion - when expressed in socially appropriate ways.

Set an example by modeling what you want them to do - such as taking time out when angry or asking assertively for what we want. It is important never to engage in power struggles.



# WINNING ISN'T ALWAYS IMPORTANT

Sometimes it is better to be kind than right.

Scarring relationships.

Saying sorry and making up.

It is important for our boys to learn from a young age that winning is not essential - it is way more important to participate and to do your best at all times. No one likes to lose, but we all do at some point - even when we feel like we gave it our all.

Encourage good sportsmanship, or the ability for everyone playing to treat one another with respect. The best way for kids to learn this valuable skill is to model it ourselves.

It's tempting to save our boys from loss and failure. Often, we let our boys win, especially when we know they have no chance at doing so on their own. Trouble is, this gives them a false notion of playing and competition.

The focus shouldn't be on winning and they shouldn't gloat about their victories, but allowing our boys to lose, you're helping them develop grit, perseverance and strategy.



# HOW TO FIGHT FAIR

Peacemaker - approach, engage and persuade.

Being fair vs. being just.

Taking control and setting boundaries.

Decide if it is worth it.

Our boy needs to learn that there will always be two sides of a story and everyone who are involved in the conflict, should get a fair chance to voice their opinion.

It is also important for our boys to learn that they have the power to take control in a conflict situation and defuse it effectively.

Other important things to teach your boy are to attack the issue, not each other, to stay with the issue at hand and not to withdraw. It is also important that they (and you as a MENTor) are open about what you need.

Explain to our boys that conflict is like exercise, if done in a healthy way, conflict is an opportunity to grow stronger. Constructive conflict need not be feared, it takes work, maybe even sweat, but if you learn the right way to do it, you will become a little stronger, wiser and even more empowered.

Teach our boys that when they are in conflict with someone, they are all trying to solve the same problem. It's not two people against each other; it is two people against the problem. Constructive conflict focuses on the problem, not the person.



# EXPRESS OPINIONS POSITIVELY

Stay calm.

Work from facts, not emotion.

Be aware of body language.

Your boy needs to know that he has the right to say how he feels as long as it is done in a respectful manner. You have the right to a personal opinion but so does the next one.

We need to also teach our boys the “how” so that others can hear “what” we are saying and not just “how” we say it. The “how” might include the language to use, tone of voice or body language, among others. Make them aware of their voice volume, teach them to start their sentences with “I” when expressing opinions and encourage them to make eye contact.

Learning to share an opinion is an incredibly important social skill. It is a fine balance to stay true to oneself while also maintaining a collaborative relationship.

Helping our boys to negotiate these subtleties early on may pave the way for smoother friendships later in life.



# AGGRESSION vs. ASSERTIVENESS

Aggression vs. Passiveness vs. Assertiveness.

Don't be a bully.

Assertive vs. Disrespect.

Boys need to learn that there are three ways to deal with conflict - you can be passive, aggressive or assertive. To be passive means that you keep quiet, don't express how you feel or what you need. If you are aggressive and scream and shout, you might cause more harm than good because spoken words can never be "unsaid". The ideal is to be assertive and that is the ability to speak up for ourselves in a way that is honest and respectful.

Remember that being assertive doesn't come naturally to everyone. Teach our boys that to be assertive means that you can give your opinion and say how you feel, you can ask for what you want, disagree with other respectfully and offer your ideas and suggestions. It also means that you can say "no" without feeling guilty and speak up for someone else. Being assertive shows we respect ourselves and other people.

Your boy needs to know that he has a responsibility to say if he is being bullied and that it is never okay to bully another weaker person. If they need help regarding this they should tell a responsible adult.