

"I" Messages

There are four parts to a "I" Message:

1. I feel/think...
2. When you...
3. Because...
4. I want/need...

TUG-OF-WAR

No matter how old a person is, personal power is important. Angry situations are often used for persons to "show" you just who you are dealing with. If we are not careful, we could end up in a tug-of-war situation (and you know what happens in situations like that). People will say anything or do anything just to prove their personal power. Tug-of-wars often end up a draw with both person losing because of the way they handled their anger.

Have you ever been in a Tug-of-War with someone?

How long did it last? How did it end?

Are you taking a break or is it really over?



Cooler Heads Must Prevail

A bi-product of anger is total domination. A cooler head or a person who understands the need for communication will seek to find a peaceful resolution. Resolving the problem is the ultimate goal. Someone has to flip the script and choose to talk about the problem and not argue about it. Someone has to volunteer to examine their actions to see if the fault lies with them. If one person exercises the cooler head model, anger situations would be handled faster.

Empowering Women & Girls

1 out of 4 violent episodes are being perpetrated by teen girls, up from just a generation ago when it was 1 girl -10 boys. As can be seen, girl violence is increasing from 1-10 and now 1 out of every 4 violent episodes involves girls carrying it out. According to the Justice Department, it is not just boys any longer, violence among girls is on the rise.

Keys to Safer Schools

Case Study 1

A 14-year-old girl was standing in front of her middle school in one morning last spring when another girl came up behind her, grabbed her ponytail and yanked her to her knees. After dragging her backward across the asphalt and tearing her jeans, the attacker then punched the 14-year-old six times in the face, bloodying her nose and lips. "She didn't know my daughter," said the girl's mother. "It was a problem she was having with one of my daughter's friends. She said she grabbed her because she was the closest one." The town saw aggravated assault arrests of girls nearly double last year.

Case Study 2

At a birthday party, a girl kissed a boy on the cheek as a dare. At least 6 other girls ages 12-15 and possibly 2 adult women then savagely attacked the 12 year-old and put her in the hospital in a coma. "This is vicious, 'I-want-to-hurt-you' fighting. It's a nationwide phenomenon and it's catching us all off guard." quote from the former Chief of Police of that town

"I'm talking, but HE is not listening!"

Dare I address this issue. Some men and women have felt that when talking the other person may not truly

listen to what they are saying. The lesson for both men and women is to listen first then speak. The ultimate goal of communication (as to not evoke anger situations) is not domination by one gender over the other. The goal is to reach an understanding. This is the value adults are to teach to young girls and boys. Arguing can make situations much worse.

"I want to be heard, too!"

Young people have this concern:

- Establish rules concerning anger situations (what's good/not good)
- Label anger for what it is—anger!
- Encourage talking about ANY concern, issue, or disagreement
- Avoiding slipping into FAMILY PATTERN ROLE!

- Validate feelings associated with the concern

Establish Healthy Communication

Some things to consider:

1. Provide nonverbal cues of attentiveness. (good eye contact, posture)
2. Listen to the other person.
3. Reflect back that you are hearing them.
4. Listen!!
5. Eliminate barriers that may cause problems for talking.

"For every minute you are angry you lose sixty seconds of happiness."
--Ralph Waldo Emerson

Family Forward Middle Way Curriculum

Eastman, Meg and Sydney Rozen. *Solutions for Breaking the Cycle of Family Anger*. New York: Wiley and Sons, 1994.

Freeman, Lucy. *Our Inner World of Rage: Understanding and Transforming the Power of Anger*. New York: Continuum, 1999.

Madow, Leo. *Anger: How to Recognize and Cope With It*. New York: Scribner's 1972.

Samalin, Nancy. *Love and Anger: The Parental Dilemma*. New York: Viking, 1991.

Resources

Keys to Safer Schools (keystosaferschools.com)

Thomas, Sandra. *Women and Anger*. New York: Springer, 1999.

Resources