

Aggression in Our Kids



- Aggression is learned by watching others
- Boys are often much more at risk for being disciplined for aggressive behaviors
- Spending time with aggressive friends leads to more aggression
- Children at risk for aggressive behavior are those who are:
 - Impulsive
 - Have attention problems
 - Are hyperactive
 - Have speech problems
 - Are easily led to react emotionally
- Why?
 - Gets them what they want
 - They learn from others that's how to react
 - Being tough is often encouraged
 - Keeps others away when they are afraid
 - Don't know how else to react when frustrated, scared, sad

How to help:

- Don't let the kids watch violent TV shows, video games, movies, etc.
- Watch what you do and say in front of the children
 - Do you learn better by listening or watching?
- Stop the violence quickly, calmly tell them what to do instead
- Praise warmly non-violent behaviors
- Be the change you want to see in your children