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