

MANAGING AGGRESSION AND VIOLENCE: COPING SKILLS RESOURCE

JUVENILE PROGRAM VERSION: This resource includes detailed lesson plans with suggested comments for session leaders, session openers from the “What do you think?” resource, and a supplemental set of Motivational Interviewing (MI) based lessons to increase motivation for mastery of needed skills.

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| MAV1 | Introduction to Anger |
| MAV2 | Introduction to Anger |
| MAV3 | Why we need better communication skills |
| MAV4 | Why we need better communication skills |
| MAV5 | Becoming a better listener |
| MAV6 | Becoming a better listener |
| MAV7 | Becoming a better listener |
| MAV8 | Becoming a better listener |
| MAV9 | Learning to be assertive |
| MAV10 | Learning to be assertive |
| MAV11 | Learning to be assertive |
| MAV12 | Where does your anger come from? |
| MAV13 | Where does your anger come from? |
| MAV14 | Before you get angry |
| MAV15 | Where does your anger go? |
| MAV16 | How to keep out of fights |
| MAV17 | How to keep out of fights |
| MAV18 | When you are accused of something |
| MAV19 | When you are accused of something |
| MAV20 | Handling provocations |
| MAV21 | Handling provocations |
| MAV22 | When someone else is angry at you |
| MAV23 | Preparing yourself for a stressful conversation |
| MAV24 | When you need to express a complaint |

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| MAV25 | Handling peer pressure |
| MAV26 | Offering specific help |
| MAV27 | When you have made a mistake/When others have made a mistake |
| MAV28 | Assertion skills practice: broken record |
| MAV29 | Assertion skills practice: fogging |
| MAV30 | Protecting your boundaries |
| MAV31 | Protecting your boundaries - part 2 |
| MAV32 | Conflict resolution practice |
| MAV33 | Refusal skills #1 - when you can be totally honest with them |
| MAV34 | Refusal skills #2 |
| MAV35 | Refusal skills #3 |
| MAV36 | Using your escape skills |
| MAV37 | When you have set yourself up or embarrassed yourself by saying something |
| MAV38 | When you have set yourself up or embarrassed yourself by doing something |
| MAV39 | When you have not done well |
| MAV40 | Adding balance to your life with new activities |
| MAV41 | Introduction to stress management |
| MAV42 | What is stress doing to you? |
| MAV43 | How have you “coped” in the past? |
| MAV44 | Coping skill - Slowing it down #1 |
| MAV45 | Coping skill - Warning yourself |
| MAV46 | Breathing skill for relaxation |
| MAV47 | Muscle Relaxation |
| MAV48 | Coping skill - slowing it down #2 |
| MAV49 | Coping skills - the basic stop |
| MAV50 | Having a backup plan |