



## Handling Aggressive and Violent Children

Statistics show an increase in violence in every area of society today. Therefore, it's not surprising that our children are showing more aggressive behavior even at younger ages. Given that the family is a child's primary role model, it is important that parents set a positive example for their children teaching them caring, cooperation and how to handle their emotions.

### ACTION PLAN FOR WORKING WITH AGGRESSIVE CHILDREN

- Set a good example.
- Encourage the safe, open expression of feelings to prevent build-up and explosion of emotions.
- Recognize positive and acceptable behavior.
- Show positive ways to handle problems and deal with stress.
- Limit your children's exposure to media violence.
- Teach children to accept themselves and others as being important.
- Use consistent and fair disciplinary measures.
- Seek professional help if any family member exhibits ongoing violence or aggressive behavior.

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## WHAT INFLUENCES A CHILD TOWARD VIOLENCE

- Domestic violence or abuse
- Media violence
- Immaturity and lack of self-control
- Alcoholism within the family
- Excessive stress
- Inability to handle frustration
- Not held responsible for their actions

## WHAT IS THE DIFFERENCE BETWEEN AGGRESSIVENESS AND ASSERTIVENESS?

**Aggressiveness** involves demanding or taking what you want, often in disregard for others. It is negative, destructive and violent.

**Assertiveness** is asking for what you want and standing up for yourself in a positive, non-violent way.

For more online tip cards, visit [kcsl.org](http://kcsl.org) under the "Resources" tab.



Kansas Children's Service League

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