

Roots and Consequences of Violence

How can children become aggressive?

Aggressive behavior, as any other behavior, is the result of a combination of individual factors and factors in the family, community, and society.

Individual Factors

Temperament, biological genes, birth complications, attention deficit, exposure to mother's drug use

Family Factors

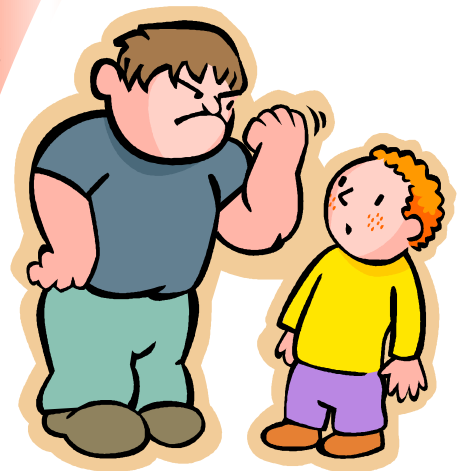
Lack of parental supervision; being abused by parents; depressed parents; domestic violence; parenting style; access to arms; too many violent TV shows and video games

Community Factors

Belonging to a gang; drug trade in the neighborhood; isolation; access arms; violence in the neighborhood; poor housing

Societal Factors

Violence in the media; access to weapons; discrimination; poverty



Major consequences of violence in the lives of young children include:



- Violence becomes a way to resolve problems.
- More frequent acting out.
- World is seen as a dangerous and scary place.
- Loss of trust in people.
- Difficulty in concentrating and do poorly in school.
- Later involvement in serious violence.
- Health problems as adults.

Do you know that,

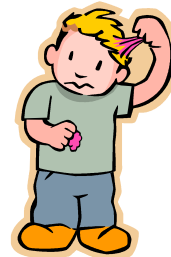
1. Children learn by observing and imitating people around them and from their experiences?



2. Violence can be physical, emotional, sexual; and neglect is also a form of violence?



3. Children can be involved with violence as victims, aggressors, or witnesses?



4. There are two forms of violence?

- **Instrumental aggression:**

When children cause

harm to someone to get something they want

- **Relational aggression:**

When they hurt someone to get revenge or to dominate



What to Do When You Are Angry

1. Think before acting
2. Calm down
3. Use the **RETHINK** Steps:



Recognize what makes you angry.

Empathize with the other person's feelings.

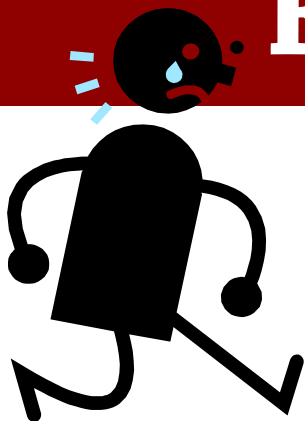
Think of positive things about the situation.

Hear what the other person is saying to you.

Include "I" messages to tell how you feel.

Notice what happens to your body.

Kee your attention on the present situation.

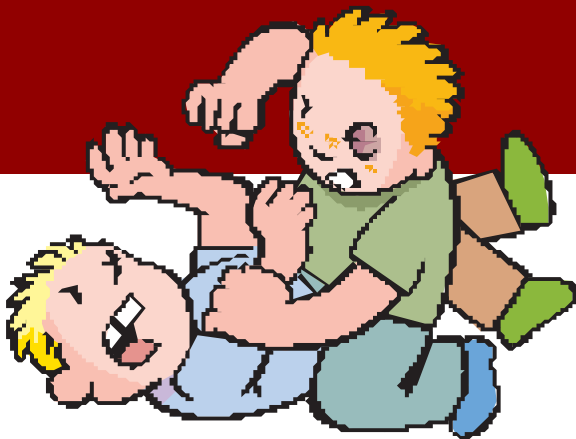


What Makes Children Angry

Babies (0 to 18 months)

Are angry when they have a discomfort caused by hunger, loud noises, or tiredness.

They show it by crying.



Preschoolers (3 to 5 years)

Are angry because they cannot yet control their emotions; are not yet good at using words when they are frustrated and angry; are learning how to share; have a hard time understanding that other people have different ideas.

They show anger with tantrums and aggression.

Toddlers (18 to 36 months)

Can be easily angered because

- (a) they think they are the center of the world and can be frustrated when they cannot do or have what they want;
- (b) it is difficult to share things;
- (c) they have a strong notion of what belongs to them;
- (d) they still don't know many words, can't speak well, and can be upset and angry because people don't understand them;
- (e) have difficulty controlling their feelings.

They show anger with tantrums.

Children aged 6 to 8 years

Can be angry when they feel something is not fair; when they are rejected, punished, discriminated against, or misunderstood.

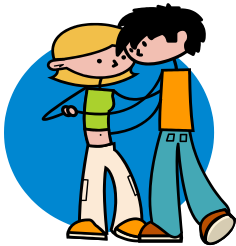
They show anger by hurting and bullying others and using words to cause harm.

What Parents Can Do When Children Are Angry and Fight

1. Help the children to calm down.

2. Separate the children.

3. Help the children to think about why they are angry.



4. Help each child think about what the other child is feeling.

5. Tell the children how you feel about the situation.



6. Help the children choose the best solution for the situation.

7. Praise the children when they resolve a conflict without violence.



8. Tell children it's ok to be angry, but not ok to hurt others.

Helping Children Express Anger



1 Use the Wheel of Feelings* to help your child learn about the different feelings and situations that cause them.

2 Help your children find out what changes in their bodies when they are angry.



3 Tell your children to always use words to show what they are feeling about people or a situation.

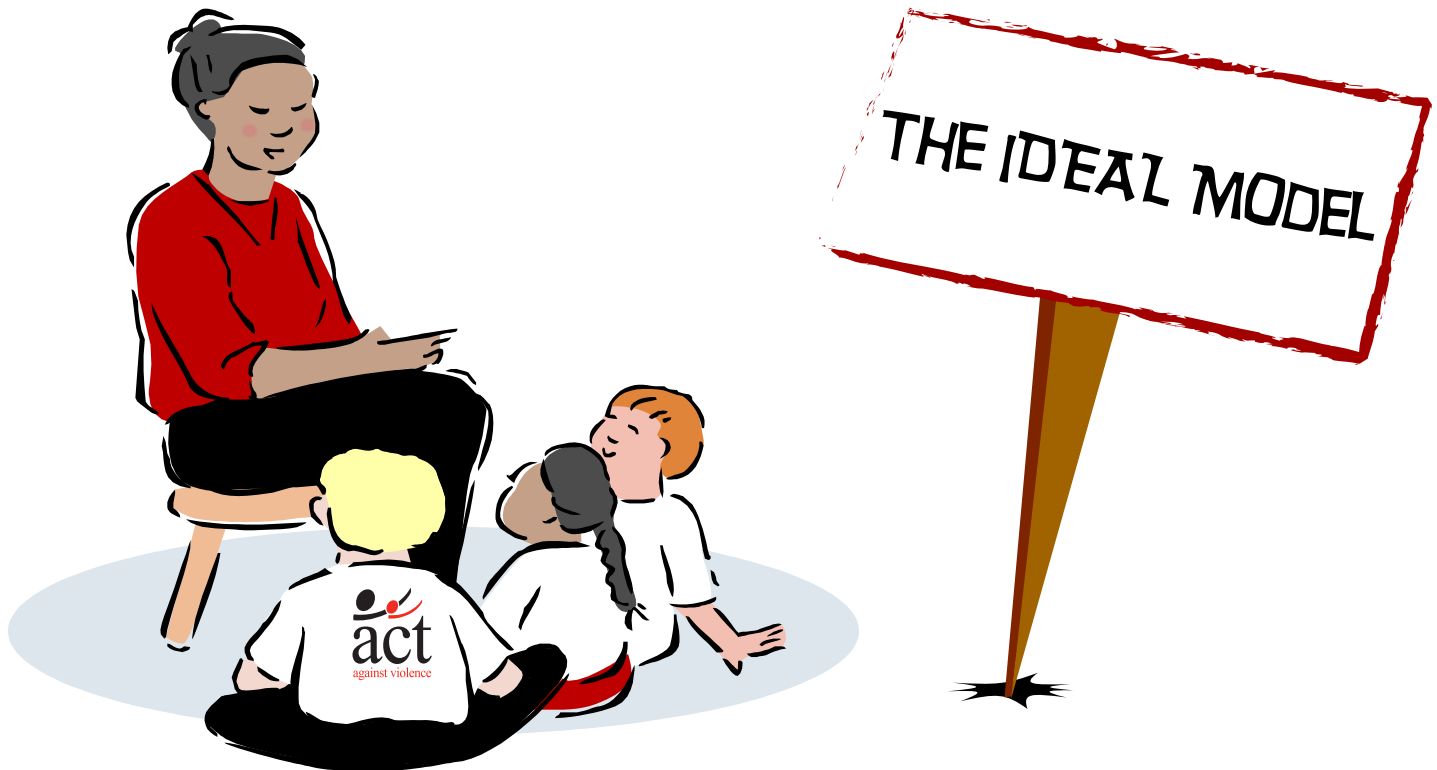
4 Invent a situation where there is a fight or a conflict. Use dolls or stuffed animals to talk to your children about the situation and their feelings.

(*)SOURCE: PBS KIDS



- 1. Recognize when you are angry, frustrated, or just tired . . .**
- 2. Learn to manage your own stress and to control your anger . . .**
- 3. Talk to others about your feelings and ideas in a respectful way . . .**
- 4. Solve your problems and disputes using words, not violence . . .**
- 5. Talk to yourself aloud about a problem and a solution . . .**

How to Resolve Conflicts



Identify the problem and the feelings of everybody involved in the conflict.

Determine possible alternative solutions.

Evaluate the alternative solutions.

Act, choosing the best solution.

Learn from what you did to solve the conflict.

Discipline and Punishment

Is based on the idea that children will do better if they feel better. The purpose is to teach children positive behaviors for each age.

It helps children

- calm down
- learn to solve problems
- learn to manage their anger
- learn to self-control their emotions
- learn what behavior is expected of them



Is based on the idea that children need to feel worse or feel pain, shame, or humiliation to learn how to behave.

Controls behavior through power and fear. Teaches children to hide or lie about mistakes and misbehaviors.

Focus is on the negative behavior. Teaches children to behave in a certain way to avoid a negative consequence or get a bribe.

Parenting Styles

Authoritative

In this parenting style, the parents are nurturing, responsive, and supportive, yet set firm limits for their children. They attempt to control children's behavior by explaining rules, discussing, and reasoning. They listen to a child's viewpoint but don't always accept it.

Children raised with this style tend to be friendly, energetic, cheerful, self-reliant, self-controlled, curious, cooperative, and achievement oriented.



Permissive

In this parenting style, parents are warm, but lax. They fail to set firm limits, to monitor children's activities closely, or to require appropriately mature behavior of their children.

Children raised with this parenting style tend to be impulsive, rebellious, aimless, domineering, aggressive, and low in self-reliance, self-control, and achievement.

Authoritarian

In this parenting style, parents are inflexible, demanding, and harsh in controlling behavior. The parents have many rules. They require obedience and authority. They favor punishment to control their children's behavior.

Children raised with this parenting style tend to be irritable, apprehensive, fearful, moody, unhappy, easily annoyed, unfriendly, sulky, vulnerable to stress, and aimless.



Uninvolved

In this parenting style, parents are unresponsive, unavailable, and rejecting.

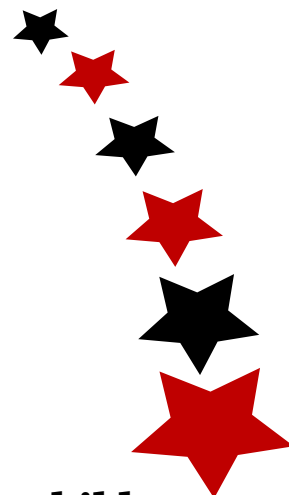
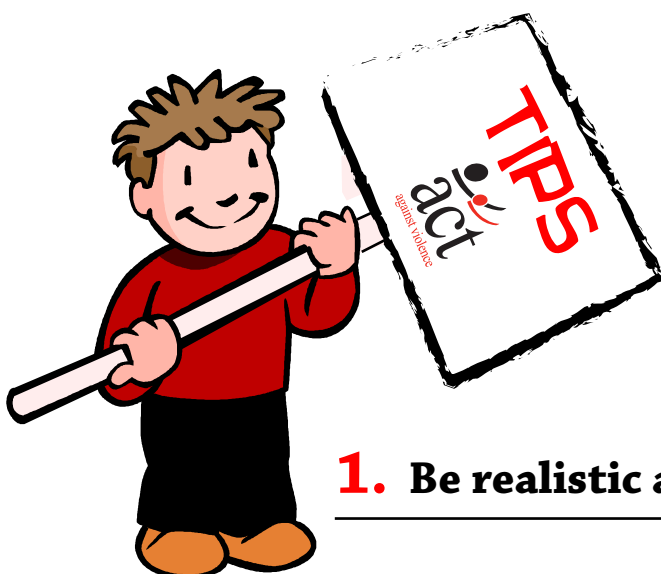
Children raised with this parenting style tend to have low self-esteem and little self-confidence and seek other, sometimes inappropriate, role models to substitute for the neglectful parent.

How to Prevent Challenging Behaviors



- 1. Use words, hugs, and kisses to recognize positive behaviors.**
- 2. Remove from your child's reach things that are not for children or are dangerous.**
- 3. Always have toys and fun things at home, in the car, in your bag, and when you travel.**
- 4. Think of your children's needs when you plan things to do with them.**
- 5. Don't put young children in adult situations.**
- 6. Avoid situations that cause negative behaviors.**
- 7. Use everyday situations to remind children of your rules.**
- 8. Teach children behaviors and skills that are expected at their ages.**

Tips for Effective Discipline



- 1. Be realistic and expect a child to act like a child.**

- 2. Choose a few simple, important rules for behaviors; explain them repeatedly to your child.**

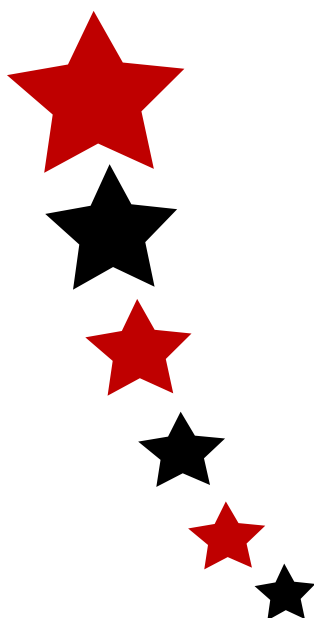
- 3. Use a few clear words to explain how you want your child to behave.**

- 4. Show by your example how you control your anger.**

- 5. Use words - not violence - to discipline your child.**

- 6. Use positive discipline methods to teach good behaviors to your child.**

- 7. Don't put your child down when he or she misbehaves.**





Attention!

The discipline methods you use with your children should be according to their ages and stages of development

Children from birth to 3 years old

Always supervise your children
Stop difficult behavior with a clear and firm voice.
Distract your children with other things.

Children from 3 to 8 years old

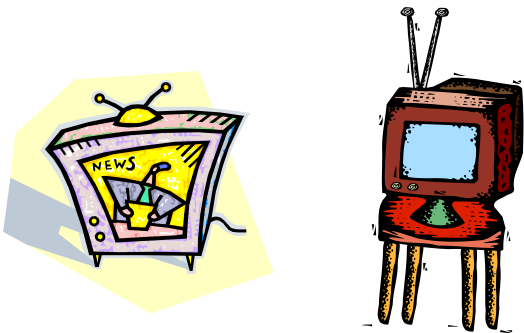
- Explain repeatedly your rules and the expected behaviors.
- Give one command at a time; use clear voice and keep it short.
- Ignore behaviors that are not dangerous.
- Distract children with something different.
- Use “when” and “then” not as a threat.
- Use time-out to calm children down: Use 1 minute for each year of age.
- Ignore the children in time-out.
- Use natural and logical consequences to teach about consequences of behaviors. Use them immediately after the misbehavior. **Examples:**
 1. A child breaks a toy and doesn't get another one.
 2. A child colors the wall and has to clean it up.
- Take away some privileges according to the children's ages. **For example,**
 - Age 3:** Fights repeatedly in the sandbox. Stops going to the playground.
 - Age 4:** Drops sister's doll in the toilet. Can't play with sister's toys.
 - Age 5:** Spits on older brother. No stories at bedtime.
 - Age 6:** Rips up a sibling's puzzle. Stays indoors while sibling plays outside.
 - Age 7:** Talks back to parents. Doesn't watch favorite TV show.

TV

- Can lead to aggressive behavior
- Can terrify children
- Provides violent heroes to imitate
- Shows that violence is OK
- Involves:
 - Less use of imagination
 - Less direct contact with other persons
 - Less pretend play

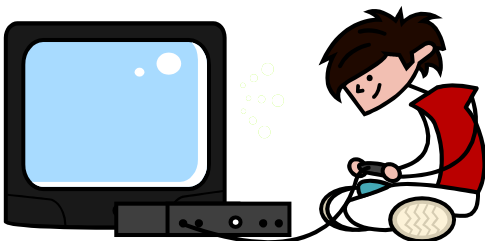
Video Games

- “Fight” or “flight” response to stress
- Adrenaline-fueled body
- Hypervigilant children
- Excitement leads to stress, feeling of burn-out
- Emotional shutdown
- Reaction without thinking
- No high level of thinking

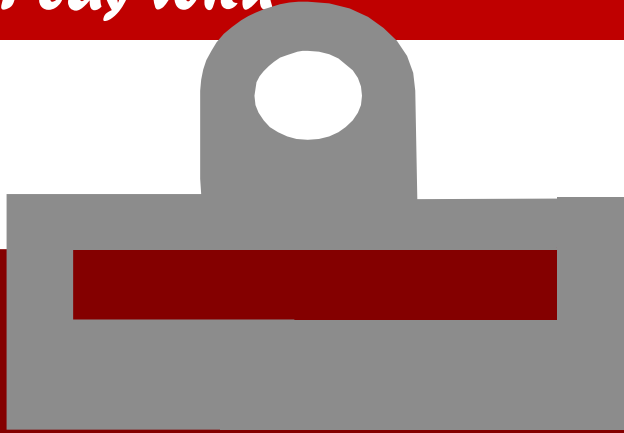


The News

- Lose sense of safety
- Lose sense of emotional, social well-being
- Don't understand the logic, motives of what is shown
- Focus on most salient aspects of what is seen or heard
- Relate what they see and hear to what they know



Monitor What Children Watch and Play With



Follow the American Academy of Pediatrics' recommendation and don't let your children under the age of 2 years watch TV.

Limit the number of hours per day your children can spend with TV, video games, and computer.

Allow TV and video games only after homework and family responsibilities are done.

Keep TV, computer and video games out of bedrooms so you can supervise your children.

Explain to your children which shows and games they can or cannot watch and play and the reasons for that.

Watch TV or play video games with your children as much as possible.

Tell your children to talk to you when they are scared, confused, or afraid about something they saw on TV or a movie.

Avoid giving violent toys to your children or others.

Show By Your Example

Think out loud and say something like "I am not watching this program; it is too violent," or "I don't like to watch people hurting each other even when it is pretend," then change the channel to a nonviolent program.

- Don't watch inappropriate violent TV shows when your children are present.
- Schedule limited TV viewing hours for yourself.
- Don't keep the TV on all the time.



- Play/read books, draw, do puzzles, sing, or listen to music with your children to show that there are fun alternatives to TV and video games.

- Turn off the TV when violence in a program becomes apparent; have your children do other things with you that they would enjoy.



1 Tell Your Children That...

What they see on TV, video, computer games is not real; it is fantasy, make-believe. Guns, knives, and bullets they see on TV are not real.

Talk About Consequences of Violence

- 2** Explain that:
- Real-life violence causes injuries, bruises, and hurts.
 - Real-life violence can make people lose friends and feel bad.
 - Real-life violence can make people afraid, angry, mad, upset.
 - Real guns and knives can hurt or kill people.

Talk About Heroes, Good Guys, and Bad Guys

- 3**
- Who are the bad guys on TV? What do they do? Why do they kill and hurt people?
 - Who are the good guys or heroes on TV? What do they do?
 - Who are the good guys or heroes in your family or neighborhood? What do they do? Are they different from those on TV?
 - Talk about what true heroes are: people who are courageous, brave, and do good things to help others. They do not use violence to solve problems.

Share Your Rules With Other Adults

- 1** Share with other family members, neighbors, and friends what you have learned about media violence and its impact on children's behavior.
- 2** Tell relatives, babysitters, and caregivers the rules you have for TV and video and computer games.
- 3** Ask family members and friends to respect your rules for media when your children go to their houses.

