

Introduction

Anger is often the most powerful emotion for teens - but it can reveal a deep assortment of underlying emotions. At school campuses everywhere, anger is a growing problem students and teachers have to deal with. This program covers anger and teens and why anger can be the tip of an emotional iceberg. Students will discover methods for recognizing anger in all its forms and how to cope with it.

Teens learn what leads up to anger and how to diffuse angry or violent situations. They'll learn how to maintain positive attitudes, how to let anger out healthfully and about anger in home life. Students learn why covering up anger is dangerous and how to deal with this negative emotion in a positive way for life.

Learning Objectives

After completing the program the student will have a better understanding of teen anger and the methods for recognizing anger and how to cope with it.

Discussion Topics/Questions

- 1) What is anger?
- 2) Where does teen anger come from?
- 3) Why is learning to cope with anger important?
- 4) Can anger lead to violence?
- 5) What is frustration and when can it lead to anger?
- 6) What is a good way to let out anger?
- 7) Can home life be a source of anger for teens?
- 8) Why is covering up anger a dangerous habit?
- 9) What lessons can a teen learn by coping with anger?

Presenting the Program

To prepare a lesson plan for the presentation of each program, review the suggested outline below.

1) Before Students View The Program:

Collect as many recommended books as possible to help generate class interest and participation. Preview each program and become familiar with the concepts that are presented in it.

2) Students View The Program:

The first viewing if possible should be uninterrupted.

3) After The First Viewing:

Elicit discussion of what the students have seen and heard. The next viewing will be enriched by this general discussion.

4) Second Viewing:

The program may be viewed again, this time with attention to detail. The teacher should feel free to stop and question students regarding:

- 1) What is happening in a visual?
- 2) The major concepts.

5) Post Activities and Discussion:

Discussion questions for this program may be used to stimulate further interest, reinforce concepts and evaluate student comprehension.

The Real Life Teens Series

Teen Anger

TEACHER'S GUIDE

Q348

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This program is designed for a general high school audience, grades 8-12.