

The Anger TOOLBOX

Tools for children and teens, and for those caring for them, to get through angry times

By Tricia Irving Hendry, John Taylor Smith and Jenny McIntosh

92 pages, plus cover – full colour | Price: **\$30**

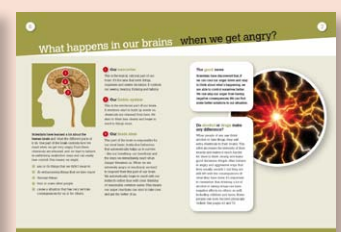
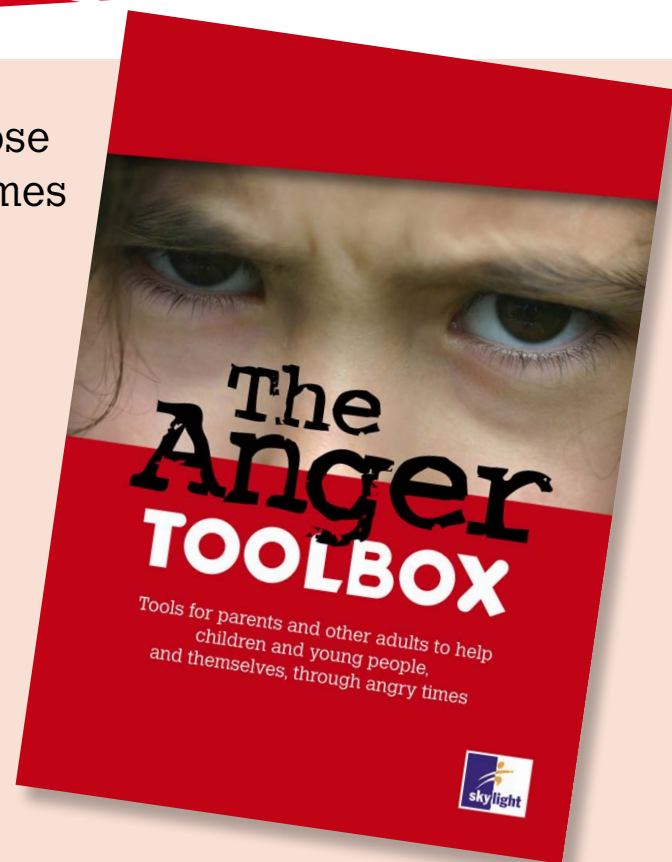
This is a ground breaking handbook for parents or any other adults caring for, or working with, children and teens. It addresses the issue of managing anger in a fresh way. This is the 2nd edition of this proven Skylight title and it has had its content and style comprehensively updated and extended.

The Anger Toolbox, with its friendly, honest style, uses evidence-based information and local New Zealand support contacts. It looks at what anger is, the effects it can have on us and the different strategies children, teens and adults can learn to manage it safely and well.

It is written by Tricia Irving Hendry, John Taylor Smith and Jenny McIntosh, who have brought to it their backgrounds in parenting, grand-parenting, teaching, writing, school leadership, counselling, nursing, youth and community work. They have also consulted widely with specialists and researchers to develop this handbook.

Benefits of this title:

- ⊙ Very practical information to dip in and out of for ideas and support
- ⊙ Provides adults with anger management skills to use themselves and to teach their children and teens
- ⊙ A wide range of choices and ideas offered for every age
- ⊙ Culturally inclusive
- ⊙ Has a significant role to play in violence prevention by reaching into homes with non-threatening but very honest information and strategies for positive change.



Skylight support resources and resilience building tools are sold around New Zealand and the world. The work of our support groups, counselling and training teams keeps all our resources well grounded in real people's lives and needs. See www.skylight.org.nz for other Skylight support articles and resources.

To buy a copy

Purchase online at www.skylight.org.nz/shop or phone **0800 299 100** or email support@skylight-trust.org.nz

Skylight supports people of all ages to build their resilience through tough times and move forward.



See over...

What others say about THE ANGER TOOLBOX



This is a first class, brilliant and well constructed tool. It is something that professionals and parents will have wanted for some time. There has been little information assembled like this up until now. The book covers a wide range of environmental issues that affect our moods. It is very accurate and detailed with excellent illustrations. I will definitely be using it.

*Peter Wadsworth, Student Counsellor,
St.Patrick's College, Wellington*

The Anger Toolbox is an excellent source of practical advice for anyone dealing with the problems of anger, whether for themselves or supporting others to deal with anger. I love the way it's set out so you can pick and choose the relevant information. I congratulate Skylight for once again providing the community with a quality resource.

Raewyn Watson, Principal of St Anthony's School, Seatoun.

The Anger Toolbox is very practical. It recognises that supporting children to acknowledge and manage their anger appropriately requires a variety of strategies. The accessible layout and format of The Anger Toolbox allows information to be quickly and easily retrieved. It is a resource that will be regularly 'dipped' into.

Anna Borrer, Primary School Teacher

The Anger Toolbox helped me to understand what happens when people get angry. It gives good, practical advice about what we can do to de-escalate things, when anger gets the better of us. It's good for teachers to understand what is happening when students struggle with issues of anger.

James Edgecombe, Secondary School Teacher

The Anger Toolbox provides a realistic look at anger and how it takes shape in the lives of children, young people and adults. With a wide range of strategies and approaches, this book will be an invaluable asset to many.

*Dr Bronwyn Wood, Youth Sociologist,
Victoria University of Wellington, New Zealand*

I found the Anger Tool Box information was presented with enough depth to provide insight for the reader without being overwhelming. I also liked the gentle and non-blaming way it invited adults to look at what they may be contributing to the situation. It strikes a good balance.

Wendy Pearse, Child Psychologist and Parent

This is an awesome resource. It has lots of tools and strategies that I can see would be very helpful for mums and dads, nannas and papas to use, to help them with their tamariki and mokopuna, and also for themselves! Certainly I would use it to help me with my own mokopuna. I think the education about the 'brain stuff' is absolutely essential. When you explain to people and children what's happening in the brain, you give them knowledge, and therefore the 'power' to make a choice about their behaviour, and then take responsibility (and the consequences) for making that choice! The language flows and is easy to understand. While it is not written from a single cultural perspective, I do think it is culturally appropriate for Māori.

Nanny Katarina

The Anger Toolbox is an excellent and long-awaited resource. It is full of information about the causes, underlying issues, implications and outcomes associated with anger. The wide focus on children, young people AND adults brings perspective to the challenges society often faces with anger and locates these challenges in a social context, rather than as an individual problem. Importantly, the tone of the book is both supportive and educational. The authors have provided a wide range of ideas and strategies for those looking to make personal changes or those supporting others and have included information about professional resources that are available. I highly recommend this new resource.

*Dr Fiona Pienaar, Children's Counsellor and
Auckland University lecturer*

What happens in our brains when we get angry?

1 Our neocortex
This is the logical, rational part of our brain. It's the area that sorts things, organises and makes decisions. It controls our seeing, hearing, thinking and talking.

2 Our limbic system
This is the emotional part of our brain. It emotions start to build up inside us, chemicals are released from here. We start to think less clearly and begin to react to things more.

3 Our brain stem
This part of the brain is responsible for our most basic, instinctive behaviour that automatically helps us to survive. We automatically begin to react with our instincts rather than with clear thinking or reasonable common sense. This means our anger reactions can start to take over and get the better of us.

The good news
Scientists have discovered that if we can cool our anger down and stop to think about what's happening, we are able to control ourselves better. We can stop our anger from having negative consequences. We can find some better solutions to our situation.

Do alcohol or drugs make any difference?
When people of any age drink alcohol or take drugs they add extra chemicals to their brains. This often increases the intensity of their moods and makes it much harder for them to think clearly and make good decisions. People often believe they usually wouldn't, but they are still left with the consequences of what they have done. It's important to remember that drinking a lot of alcohol or taking drugs can have negative effects on others as well, including children and teens. Some people can even become physically violent. See pages 43 and 52.