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BASED RESOURCES ON:**

ANGER, CONFLICT, BULLYING

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PRINT RESOURCES

ADOLESCENT ANGER & VIOLENCE : UNDERSTANDING THE CAUSES AND GENERATING CREATIVE SOLUTIONS [CD]

Call Number: STAFF/CD/HV 5824/.Y68/A365/2006
STAFF ONLY

Aggressive driving : three studies [akpm]

Call Number: BF 723/.A4/A33/1997

AND WORDS CAN HURT FOREVER : PROTECTING ADOLESCENTS FROM BULLYING, HARASSMENT AND EMOTIONAL VIOLENCE [CD]

Call Number: STAFF/CD/HV 5824.Y68/A63/2006
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Anger, alcoholism, and addiction : treating anger in a chemical dependency setting [ahjo]

Call Number: RC 564/.P67/1991

Anger, alcoholism, and addiction: treating individuals, couples and families / [avcq]

Call Number: RC 564/.P67/1991

Anger and addiction : breaking the relapse cycle : a teaching guide for professionals [akmm]

Call Number: HV 5279/.C58/1996

Anger : deal with it, heal with it, stop it from killing you [agbb]

Call Number: BF 575/.A5/D64/1991

Anger : how to handle it during recovery [aftm]

Call Number: HV 4998/.S57/1991

Anger kills : seventeen strategies for controlling the hostility that can harm your health [ahss]

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Call Number: BF 575/.A5/W55/1993

Anger management for substance abuse and mental health clients : a cognitive behavioral therapy manual [anaw]

Call Number: RC 569.5/.A53/R44/2002

Anger management for substance abuse and mental health clients : participant workbook [anhu]

Call Number: RC 569.5/.A53/R442/2002

Angry all the time : an emergency guide to anger control [airm]

Call Number: BF 575/.A5/P67/1994

Beyond blame : a new way of resolving conflicts in relationships [ajlo]

Call Number: BF 637/.I48/K68/1994

The Bully, the bullied, and the bystander : from pre-school to high school : how parents and teachers can help break the cycle of violence

Author: Coloroso, Barbara

Call Number: BF 637/.B85/C4/2002

Causes and consequences of air rage in Canada: Cases in newspapers [aplo]

Call Number: Cdn. J. Pub. Hlth., 2003, V.94, No.4

Change, conflict, and resolution from a cross-cultural perspective [agjm]

Call Number: BF 637/.C5/A77/1991

Coping with difficult people [afid]

Call Number: HF 5548.8/.B683/1981

The Dance of anger : a woman's guide to changing the patterns of intimate relationships [akcn]

Call Number: BF 575/.A5/L47/1997

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Difficult conversations : how to discuss what matters most

Author: Douglas, Stone
Call Number: BF 637/.C45/S78/1999

Discover your personal power to change [agqf]

Call Number: RC 489/.R3/D57/1992

Dr. Weisinger's anger work-out book [aosw]

Call Number: BF 575/.A5/W43/1985

Effects of alcohol and trait anger on physical aggression in men [anbx]

Call Number: J. Stud. Alc. 2002 63 (2) : 196-204

**Emotional blackmail : when the people in your life use fear, obligation
and guilt to manipulate you [akgo]**

Call Number: BF 623.5/.F67/1997

Exploring the issues : promoting peace and preventing violence [akxu]

Call Number: BF 575/.A3/E864/1995

**From conflict to resolution : skills and strategies for individual,
couple, and family therapy [aiip]**

Call Number: RC 454/.H424/1990

Healing an angry heart : finding solace in a hostile world [albq]

Call Number: BF 575/.A5/N75/1998

**How to stubbornly refuse to make yourself miserable about anything – yes,
anything!**

Author: Ellis, Albert
Call Number: RC 489/.R3/E443/1990

Letting go of anger: the 10 most common anger styles and what to do about them

/ by Patricia S. Potter-Efron, and Ronald T. Potter-Efron

Access Key: avcu
Call Number: BF 575/.A5/P85/1995

Abstract:

Letting Go of Anger identifies ten anger styles, and the most common ways that

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people express or disguise anger. Through revealing self-tests and real-life examples, readers will learn to identify their own style.

**Of course you're angry : a guide to dealing with the emotions of
substance abuse [akks]**

Call Number: BF 575/.R67/1997

**A PLAN FOR TEACHING ADOLESCENTS HOW TO LIVE POSITIVELY WITH
THEMSELVES AND OTHERS [CD]**

Call Number: STAFF/CD/HV 5824/.Y68/P53/2006

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**Pretraining in Group Process Skills: Impact on Anger and Anxiety in Combat
Veterans [aqtn]**

Call Number: J. Specialists Group Work 2003 28

The prevalence of road rage: estimates from Ontario [apln]

Call Number: Cdn. J. Pub. Hlth., 2003, V.94, No.4,

Resolving conflict : with others and within yourself [aggc]

Call Number: BF 637/.I48/S36/1990

**Respect & protect : a practical, step-by-step violence prevention and intervention
program for schools and communities : a complete program manual and
guide for educators and other professionals / Carole Remboldt and Richard N.
Zimman.**

Access Key: auyc

Call Number: LB 3013.3/.Z45/1996

Road, air rage and violent threats in taxis: approaches for prevention [aplml]

Call Number: Cdn. J. Pub. Hlth., 2003, V.94, No.4,

**SEE JANE HIT, WHY GIRLS ARE GROWING MORE VIOLENT AND WHAT WE CAN
DO ABOUT IT [CD]**

Call Number: STAFF/CD/HV 5824/.Y68/S44/2006

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Therapeutics for aggression : psychological/physical crisis intervention
[aaoz]

Call Number: RC 569.5/.V55/T48/1987

Thirty-two elephant reminders : a book of healthy rules [aqjd]

Call Number: HM 132/.M3743/1987

Unresolved anger : the cause and the cure [amtj]

Call Number: HV 4998/.L37/1989

The Verbally abusive relationship : how to recognize it and how to respond [alpo]

Call Number: BF 637/.I48/E92/1996

When anger hurts : quieting the storm within [agdn]

Call Number: BF 575/.A5/W44/2003

Women, anger & depression : strategies for self-empowerment [agps]

Call Number: RC 537/.F675/1992

Working it out : tools for everyday peacemakers [kit] [akxw]

Call Number: KIT/BF 575/.A3/W675/1995

Working towards peace : managing anger, resolving conflict, and preventing violence [kit] [akxx]

Call Number: KIT/BF 575/.A3/W67/1995

AUDIO-VISUAL RESOURCES

All about anger [videorecording] [aiwt]

Call Number: VTR/BF 723/.A4/A44/1991

Primary, Duration 15 min.

For grades 2 - 4. Program helps students understand that anger is a normal and universal emotion, and introduces the idea that while the emotion is not under their control, what they do about it can be. Demonstrates constructive ways of dealing with anger.

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Anger [videorecording] [akdu]

Call Number: VTR/BF 723/.A4/A354/1995
Adult, Duration 27 min.

Anger is a feeling nearly all people struggle with. As with other addictions, anger can be a build-up of tolerance, loss of control, negative consequences and an inability to stop. Dr. Claudia Black guides the viewer through a recovery process. She concludes with The Seven Steps which are designed to act as a self-help tool that the client can use each day in their recovery.

The Anger guide : a blueprint for twelve structured sessions [kit][alas]

Call Number: KIT/BF 723/.A4/A35/1996
Adult Kit includes guide with reproducibles

Guide was developed as a blueprint for professionals working with groups or individuals dealing with anger. Originally created as a tool to use with Claudia Black's video "Anger", it may be used on its own. Provides an easy. To follow format for twelve sessions.

Anger : you can handle it [videorecording] [aiwu]

Call Number: VTR/BF 723/.A4/A53/1995
Junior High, Duration 24 min.

Helps students differentiate between normal feelings of anger and Destructive angry behaviour. Shows viewers how to get back in control and deal with anger in safe, constructive ways.

Bully dance (videorecording) [alqp]

Call Number: VTR/BF 637/.B85/B8/2000
Primary, Duration 10:06 minutes

The "stick people" in this video are imaginary, but this gritty tale is all too familiar. Like the dance beat pulsating throughout the film, the bully's intimidation of a smaller victim is unrelenting; no one stops the dance until serious harm is inflicted. While the video offers no simple solutions, it does compel viewers - teachers, parents and children - to take stock of their actions and to find ways to end peer abuse.

Catchin' feelings : new ways to cope with emotions [videorecording][akpk]

Call Number: VTR/RC 564/.B43/1996/v.4
Senior High, Duration 40 minutes

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Provides recovering addicts with relapse-prevention skills and strategies that can help them stay clean and sober in challenging living environments. This video demonstrates techniques for handling anger, shame and pity.

Conflict communication skills [videorecording] [ajpm]

Call Number: VTR/BF 575/.H6/C65/1995
Adult, Duration: 14 min.

This video shows how we can develop better conflict communication skills in the workplace. By using a three step diffusing process of reflecting, restating and resolving, one can develop effective skills when dealing with hostility and conflict in a difficult workplace situation.

Controlling anger : how to turn anger into positive action [aggb]

Call Number: BF 575/.A5/T38/1991
4 audio tapes.

Criminal and addictive thinking - thinking about your thinking video :

part 2 [Videorecording] [aqxb]

Call Number: VTR/RC 564/.C755/2002c
30 minutes

Inmates, not actors, present a series of eight real-life, everyday prison scenarios that could easily escalate into violent incidents. After each scenario, viewers are asked to analyze the event, identify the feelings and distorted thinking involved, and determine possible replacement thoughts and behaviours. Using their own words and drawing from their own experiences, the inmates role-play situations that realistically portray how criminal and addictive thought patterns lead to destructive behaviours.

The situations include :

- an inmate's overreaction to a routing shakedown,
- a discussion among three inmates about whether to retaliate for a fight,
- a scuffle after an egregious foul on the basketball court,
- an inmate's angry phone call to his spouse who refuses to send money,
- a quarrel between roommates about how to resolve a conflict.

Dinner for two [videorecording] [alqo]

Call Number: VTR/BF 723/.I645/D5/1997
Primary, Duration 7:15 minutes

Peace in the rain forest is disrupted when two characters get "stuck" in a conflict, with catastrophic results. Luckily for the lizards, a frog observing the

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fracas turns into exactly what they need . . . (no, not a prince) . . . a mediator. Tackles conflict in lively humorous and provocative ways. It shows that amidst the chaos that differences create, there are still paths to reconciliation.

Don't call me names [videorecording] [amiu]

Call Number: VTR/BF 723/.I645/D6/2000
Gr. K-2 15 minute video, teacher's guide

Being called names can be a painful and damaging experience. This program uses vignettes to highlight the reasons behind name-calling, the effect it has on others, and shows kids how to be more assertive so they can stop others from calling them names. Strategies include: telling them how it makes you feel, asking them to stop, ignoring them or asking an adult for help.

Feelings : glad, mad, sad [videorecording] [ajgv]

Call Number: VTR/BF 723/.E6/F44/1993
Primary, Duration 17 min.

For grades 2 - 4. Helps students understand and deal constructively with their feelings by learning to differentiate between what they feel and how they act. Makes them aware of the wide range of feelings beyond a simple "good" or "bad", helps them make better choices about their behavior.

Handling anger [videorecording] [aopq]

Call Number: VTR/HQ 755.85/.H3/1995
Adult 15 minutes

This video shows how to manage your own anger without taking it out on your children. It also demonstrates how to handle a child's anger and to prevent angry exchanges before they happen.

It's not only murder : discovering the violence in your life [videorecording] [amaz]

Call Number: VTR/BF 723/.I645/I7/2001
Gr. 9-12, Duration 16:20 minutes

That violence is more than murder - that it's anything that hurts someone - comes as news to most kids who don't see the harm in behaviour that's all too typical, from sarcasm and spreading rumors to sexual harassment and bullying. Here teens talk about how subtle and pervasive violence can be,

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how it starts, how it escalates and spreads, how to stop it, how to avoid it,
and how to break the cycle that threatens their future.

Nonviolent crisis intervention [videorecording] [aivn]

Call Number: VTR/BF 637/.C6/N65/1986

Duration 27 min.

Volume 1: The preventative techniques.
Unfolds the actual behaviours an individual will display while
Escalating toward a violent episode and provides the insight and
techniques you need to prevent situations from escalating to a more
difficult and more dangerous level.

**Parenting for prevention : how to stop enabling and start empowering kids
[Videorecording]**

Access Key: aux

Call Number: VTR/HQ 755.85/.P3/1997/V.1

Abstract: You'll learn:

- What parental enabling is and how it can hurt your child
- How to identify some common parental behaviors that lead to enabling
- Whether you might be enabling your child
- How to empower your child

Parenting for prevention : how to set limits for kids [Videorecording]

Access Key: auxa

Call Number: VTR/HQ 755.85/.P3/1997/V.2

Abstract: You'll learn:

- § How to set clear limits
- § How to set reasonable limits according to age, trust level, and basic needs
- § Why limits should be set in advance and checked for compliance
- § How to respond when your child tests the limits

**Parenting for prevention : how to enforce consequences when kids violate limits
[Videorecording]**

Access Key: auxc

Call Number: VTR/HQ 755.85/.P3/1997/V.3

Abstract: You'll learn:

- § How to enforce consequences that are reasonable and related to the violation

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- § How to enforce consequences calmly, respectfully, and without anger
- § What to avoid when enforcing consequences

Parenting for prevention : communicating : how to confront kids when they're doing wrong, how to encourage kids when they're doing right [Videorecording]

- Access Key: auwz
Call Number: VTR/HQ 755.85/.P3/1997/V.4
Abstract: You'll learn:
- § To identify some ineffective communication styles of parents
 - § How to communicate effectively with your child through active listening
 - § How to confront your child's negative behavior
 - § How to encourage your child's positive behavior

Parenting for prevention : how to teach kids to handle anger without violence [Videorecording]

- Access Key: auxd
Call Number: VTR/HQ 755.85/.P3/1997/V.5
Abstract: You'll learn how to teach your child to use
- § the A-B-C-D method to handle anger:
 - § Be AWARE of angry feelings
 - § BACK OFF and sort out what is really happening
 - § CHECK OUT CHOICES and the CONSEQUENCES of each choice
 - § DEDIDE AND DO the safest thing

Parenting for prevention : how to teach kids to resolve conflicts without violence [Videorecording]

- Access Key: auxb
Call Number: VTR/HQ 755.85/.P3/1997/V.6
- Abstract: You'll learn how to teach your child to use the 3 T's method for resolving conflicts:
- § Think about the conflict
 - § Talk about the conflict
 - § Try to work it out

Pulling punches: anger reduction and long-term changes [videorecording] [aopp]

- Call Number: VTR/BF 723/.A4/P8/Part 3/200?
Adult, 3 part series

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The series ends with "snapshots" of each person featured, showing how gaining control over anger has improved their lives in miraculous ways. Includes facilitator's guide with activities and reproducible work sheets. While specifically designed for addicts in recovery, this program is useful to anyone with anger problems.

Pulling punches: tools for managing anger [videorecording] [aopo]

Call Number: VTR/BF 723/.A4/P8/Part 2/200?
Adult, 3 part series

This tape presents the "nuts and bolts" - eight realistic, proven strategies for controlling anger in the heat of the moment. Real people, recovering addicts with long histories of explosive, destructive rage, show exactly how they now successfully apply tools such as: Know your triggers, Recognize your "danger zone" signs, Remove yourself from the situation, Use self-talk to calm down, Repeat the serenity prayer, Immediately plug into your support system, Discharge anger in healthier ways. Includes facilitator's guide with activities and reproducible work sheets. While specifically designed for addicts in recovery, this program is useful to anyone with anger problems.

Pulling punches: understanding your rage [videorecording] [aopn]

Call Number: VTR/BF 723/.A4/P8/Part 1/200?
Adult, 3 part series

Even clients in denial about their anger problem will identify with the "real people" interviewed for this program, as they explore: When is anger a "problem", Anger "blackouts" and the "high" from anger, How anger and drug/alcohol use are connected, How anger can lead to relapse, the "roots" of anger, Anger as a side-effect of childhood trauma, How triggers "make sense", Deciding to change.

Includes facilitator's guide with activities and reproducible work sheets. While specifically designed for addicts in recovery, this program is useful to anyone with anger problems.

Respect & protect [Videorecording]

Access Key: auyd
Call Number: VTR/LB 3013.3/.Z45/1996
Abstract:

Examines how educators, because of their misguided beliefs and attitudes about violence, often unwittingly enable violence among students to continue unchecked, jeopardizing the safety and well-being of students and allowing a school

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environment to develop in which even the adults may not feel safe. Through its depiction of two situations of ongoing violence between several students, the video empowers teachers and administrators by demonstrating how they can make a difference in reducing violence at school.

Teasing and bullying : unacceptable behaviour [Binder]

Call Number: KIT/BF 637/.B85/L36/Bind/2000

Teasing and bullying : unacceptable behaviour [Poster]

Call Number: KIT/BF 637/.B85/L36/Post/2000

Teasing and bullying : unacceptable behaviour [Videorecording]

Call Number: VTR/BF 637/.B85/L36/2000

Grades 2 – 6

Kit includes scripted lesson plan, Blackline Masters for in-class and take home activities, videotape depicting a resolution to a teasing problem, three full colour Conflict Resolution Posters, and a unit devoted to stuttering and other differences.

Unresolved anger [videorecording] [aopw]

Call Number: VTR/BF 723/.A4/U8/1989

Adult, 33 minutes.

Helps clients learn to positively release anger and move away from self-defeating patterns.

Understanding stress and conflict [videorecording] [ajbg]

Call Number: VTR/BF 575/.S75/U53/1982

Senior High, Duration 44 min.

Part 1: What is stress? (14 min.)

Part 2: Stress and anxiety (15 min.)

Part 3: Coping with stress (15 min.)

Violence prevention : inside out [Videorecording] [aqfj]

Call Number: VTR/BF 723/.I645/V5/200?

Grades 7-Senior 4 20 minutes.

Through narration, interviews, and dramatization, INSIDE/OUT examines : the feelings inside oneself leading to and resulting from violence, and violence experienced externally in the home, school, society and environment in general.

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Part 1 : Understanding Violence

Defines violence, showing the role of feelings in violent behavior, e.g. feelings of frustration, loneliness, sadness and particularly anger.

Part 2 : Preventing Violence

Discusses prevention of violence, focusing on the consequences of violent behavior, the importance of dealing with anger and other feelings, and the role of alcohol, drugs and guns and gangs in the cycle of violence.

Part 3 : Coping with violence

is a guide to coping with violence, emphasizing the importance of basic safety strategies and conflict management including mediation skills. It addresses the role of stereotypes - sexual and racial - in the perpetrators of violence.

Waging peace : classroom edition part 1 [videorecording] [amwa]

Call Number: VTR/BF 723/.D34/W34/2001/v.1
Gr. 6 - 12 Duration 33 minutes

At Caledonia Junior High students and teachers live in an environment of disrespect and potential danger. Principal Edy Guy-Francois implements new peer mediation and social gatherings with tangible and immediate results. Film looks beyond the sensational headlines on school violence to offer real solutions. It shows the hard work that goes into turning a troubled school around. Demonstrates how students really see school and the positive effects of trusting teens and giving them some responsibility.

Waging peace : classroom edition part 2 [videorecording] [amwb]

Call Number: VTR/BF 723/.D34/W34/2001/v.2
Gr. 6 – 12, Duration 39 minutes

At Caledonia Junior High students and teachers live in an environment of disrespect and potential danger. Principal Edy Guy-Francois implements new peer mediation and social gatherings with tangible and immediate results. Film looks beyond the sensational headlines on school violence to offer real solutions. It shows the hard work that goes into turning a troubled school around. Demonstrates how students really see school and the positive effects of trusting teens and giving them some responsibility.

When the dust settles (videorecording) [alqq]

Call Number: VTR/BF 723/.I645/W4/1997
Primary Duration 7:11 minutes

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The prairie wind is not responsible for the dirt flying in this film; the culprits are neighboring gophers with an un-neighborly appetite for anger and revenge. By sundown, the retaliatory rodents have all but obliterated both of their homes . . . is there any way they can put the pieces back together?

When you're mad, mad, mad! : dealing with anger [videorecording] [ajbw]

Call Number: VTR/BF 723/.A4/W44/1993

Intermediate Duration 33 min.

For grades 5 - 9.

Reassuring students that anger is a normal emotion, program helps them differentiate between angry feelings and angry behavior. Shows viewers that they can learn to handle feelings of anger by controlling how they act, suggests positive steps they can take.

You can choose : resolving conflicts [videorecording] [amgz]

Call Number: VTR/BF 723/.D34/Y6/1992/v.10

Gr. K-5, Duration 28 minutes

Tuggy and Rhonda learn that there are ways to resolve disagreements without fighting. When a dispute between them puts their class art project in jeopardy, Tuggy and Rhonda learn to work out interpersonal conflicts in a peaceful and positive way.