

Aggression

Aggression: Aggression is any behavior that could or does cause physical or psychological harm to oneself or to another person. Aggressive behaviors should be viewed on a continuum involving visual, verbal, social and physical components:

<i>“Visual:</i>	<i>Verbal:</i>	<i>Social:</i>	<i>Physical:</i>
<i>Staring</i>	<i>Put-downs</i>	<i>Gangs</i>	<i>Spitting</i>
<i>Eye rolling</i>	<i>Name calling</i>	<i>Racism</i>	<i>Shoving</i>
<i>Sticking out tongue</i>	<i>Teasing</i>	<i>Shunning</i>	<i>Pushing</i>
<i>“Dirty looks”</i>	<i>Threats</i>	<i>Ostracism</i>	<i>Punching</i>
<i>Signs</i>	<i>Blaming</i>	<i>Cliques</i>	<i>Kicking</i>
<i>Gang graffiti</i>	<i>Bossing</i>	<i>Intimidation</i>	<i>Hitting</i>
<i>Rumors/ gossip</i>	<i>Intimidating</i>	<i>Revenge</i>	<i>Beating</i>
<i>Discriminatory</i>	<i>Sarcasm</i>	<i>Retaliation</i>	<i>Raping</i>
<i>gestures</i>	<i>Cruel jokes</i>	<i>Other “isms”</i>	<i>Stabbing</i>
<i>Acting out domestic</i>	<i>Ridiculing</i>	<i>(discrimination</i>	<i>Shooting</i>
<i>violence situations</i>	<i>Pejorative lyrics.</i>	<i>based on sex, age,</i>	<i>Sexual harassment</i>
<i>that have e been</i>		<i>culture, color,</i>	<i>Stealing</i>
<i>observed</i>		<i>physical ability,</i>	<i>Vandalism”</i>
		<i>religion, language)</i>	

—Doris Helge, Ph.D., 1998, Transforming Pain Into Power, Shimoda Publishing, 1225 East Sunset Drive, Bellingham, WA

Aggressive children tend to have a general belief that the world is a dangerous, hostile place and that other people (adults and children) are “out to get them”. These children quickly and instinctively react aggressively to interpersonal problems. Therefore, a common situation such as one child bumping into another in the hallway may be perceived as a purposeful attempt to harm. This innocent act may trigger an aggressive reaction.

Common Challenges Faced by Aggressive Children:

- ☞ Accepting criticism and/ or redirection from authority figures.
- ☞ Socializing with peers.
- ☞ Problem solving without adult assistance.
- ☞ Identifying feelings and body cues.
- ☞ Using words to express feelings.
- ☞ Acknowledging personal strengths and areas of confidence.