

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Anger: Parents and Carers

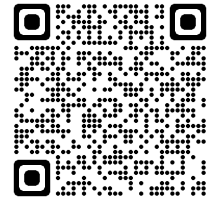
Young people can really struggle with their emotions as they try to **make sense** of the world, **push boundaries** and **figure out** who they are.

Dealing with a young person's anger or aggression can be stressful, having a hugely negative effect on family life. It's easy to dismiss anger as a 'teenage phase', but it can often be a **cry for help**. They might:

- Argue or shout
- Slam doors
- Swear
- Lash out physically
- Sulk or ignore you
- Take anger out on themselves by hurting themselves or be very self-critical

What can I do to help?

- Help them to understand that their **feelings** are valid, but challenging behaviour such as lashing out/breaking things is **crossing a boundary**. Create firm boundaries and separate the two things so you both have clarity.
- Recognise that anger often masks **something that they're feeling underneath**- have a look at the Anger Iceberg together in 'Helpful resources' – can you help them to identify any of the hidden emotions?
- Choose the **right time** to talk to them when they're calmer and thinking more rationally- this is the best time to explain that their behaviour was **unacceptable** and how it affected you.
- Stay calm and **resist the urge to get angry**- shouting back will only make things worse, so walk away if needed.
- Give them **time and space to cool down** before asking them questions.
- **Encourage them to talk** to you about what they're feeling angry about. If they don't want to talk to you, then encourage a referral with their school/community Eye to Eye counsellor.
- Help them to **channel their anger in a productive way**- through sports, art, music, dance or journaling their thoughts.
- **Look after your own mental health**- dealing with anger can make you feel burned out, stressed and unable to cope, so make sure that you use the resources listed to **focus on your wellbeing too**.



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:
01443 202940
Email: info@eyetoeye.wales

Young Minds: Parent Line
0808 802 5544
www.youngminds.org.uk (online chat)

Family Line
0808 800 2222
Email: askus@familylives.org.uk
www.familylives.org.uk

Helpful Resources

[Anger Iceberg](#)

[Young Minds: Parents Guide, looking after yourself](#)

[Young Minds: Parent guide, Anger](#)

[Family Lives: Teen violence at home](#)

[Action for Children: Challenging Behavior](#)



Eye to Eye Counselling Service
Parish Hall, Main Road,
Llantwit Fardre
Pontypridd, CF38 1PY

Tel: 01443 202940
Email: info@eyetoeye.wales

Charity No. 1170631