

In computer class, someone asks you to look at a Web page on their computer. The page has a distorted photo of you and a lot of nasty comments.

WHAT WOULD YOU DO?



Recognize anger triggers. Be on the lookout for the things that usually make you angry. When you see these things happening, take a few deep breaths or try another calming action.

TIPS!



Have you ever helped another person cool down before he or she acted out in anger? What did you do and how did that help the situation?

SHARE



Talk it out. You're having a problem with a friend who likes the same person you do. Rather than get angry or yell at your friend, talk out the situation. Choose someone to play your friend.

ACT IT OUT!

