

## Why ART?

Research has shown that students who develop social skills, anger control steps, and moral reasoning are far less likely to engage in a wide range of aggressive and high-risk behaviors. Lessons in this program are intended to address the behavioral, affective, and cognitive components of aggressive and violent behavior.

## What to expect:

Youth will meet once a week for nine consecutive weeks. Each session will run for three hours and include 6 to 10 youth (both male and female) of similar age and developmental level. Groups will most often take place at Clackamas County Juvenile Department.



## Developmental Assets

- Peaceful Conflict Resolution
- Resistance Skills
- Interpersonal Competence
- Planning and Decision making
- Restraint
- Moral Reasoning

### ART is NOT:

- Traditional Psychotherapy
- Group Guidance or Advice Giving
- Values Training or Clarification
- Content Specific Education



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CLACKAMAS COUNTY JUVENILE DEPARTMENT

# art

**Aggression  
Replacement  
Training**

Comprehensive  
intervention  
for  
aggressive  
youth.

**Aggression Replacement Training** is designed to provide youth with skills on what to do in anger producing situations while making the arousal of anger a less frequent occurrence. In ART, youth will be provided with the means to learn to use self-control in a conflict and recognize and respond appropriately to their physical and emotional reactions in heated situations.



## Structured Learning Topics

- Making a complaint.
- Understanding the feelings of others.
- Getting ready for a difficult conversation.
- Dealing with someone else's anger.
- Keeping out of a fight.
- Helping others.
- Dealing with accusations.
- Dealing with group pressure.
- Responding to failure.

## Format:

**Structured Learning Training:** Youth will be taught social skills to use in threatening or stressful situations through activities that include modeling, role-playing, and performance feedback.

**Anger Control Training:** Youth are given a series of steps to help them understand how they perceive and interpret other's behaviors that arouse their anger. Participants are taught to recognize and reduce their anger and substitute pro-social behaviors.

**Moral Reasoning:** Youth have an opportunity to see the perspective of others after reading and answering questions from a fictional, but often common, problem situation.



Risk factors increase the likelihood a youth will participate in risky or illegal behavior while specific protective factors work as a powerful force that overcomes these risk factors. ART works to address the following risk and protective factors:

- ⇒ Addresses aggressive or disruptive behaviors at school.
- ⇒ Develops moral reasoning regarding threatening or bullying behaviors.
- ⇒ Practices managing impulsivity.
- ⇒ Defines risk taking behaviors.
- ⇒ Increases problem solving and coping skills.